

Yes Bank (Extra Secret Stuff)

The Big Honcho is ENERGETIC.

The Big Honcho eats a balanced diet and gets plenty of rest so they have the energy needed to be The Big Honcho. Answer the questions below about your plan to be energetic.

My favorite energy foods are:

- 1.
- 2.
- 3.

Here is a picture of me when I am energetic.

Here is a picture of me when I am not energetic.

For me to feel rested, I need at least _____ hours of sleep each night.

To help me go to sleep, I do the following things (example: read a book, take a bath, listen to soft music....)