

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Federal guidelines recommend this many minutes per day of physical activity for people ages 6-17:	2 More than one-third of adult Americans have a BMI over 30, indicating what health concern?
3 How does managing your stress impact your mood?	4 Name one of the three classes of medications most commonly misused:	5 Prescription medicines may only be obtained here:	6 This type of medicine is required to contain the Drug Facts Label on its packaging:	7 Drugs are chemicals that affect the body's communication system found in the:	8 These copies of brand-name drugs are typically cheaper but work the same:	9 This health care professional focuses on the safe and effective use of medicine:
10 If a drug is labelled "Extra Strength", what does this mean?	11 You are using an OTC medicine to manage cold symptoms. To avoid overdose, do not take a drug with the same:	12 Using more medicine than recommended or prescribed is:	13 Name a common purpose for inactive ingredients found in OTC medicine:	14 True or false: the Drug Facts Label tells you what symptoms the medicine treats.	15 True or false: Over-the-counter medicines can be dangerous when misused.	16 True or false: A pharmacist can answer questions about over-the-counter medicines.
17 This section of the Drug Facts Label includes phrases like, "Take one tablet every 4 hours," and, "Do not take more than directed"	18 This appears on all over-the-counter medicines purchased without a prescription:	19 Nine out of ten child poisonings occur here:	20 Most OTC medicines are stored at this temperature:	21 When taking medicine should you use a teaspoon, measuring spoon, or dosing device?	22 Keep this number handy to reach the Poison Control Center:	23 Unwanted or unexpected effects from taking a medicine:
24 This federal agency regulates the Drug Facts Label:	25 Who is at risk for CO poisoning?	26 Replace smoke alarms after this many years:	27 A class K fire extinguisher would most likely be found in this room of the house:	28 Under the US Safe Drinking Water Act this federal agency sets standards for drinking water quality:	29 The GFCI is a fast-acting circuit breaker designed to shut of what?	30 To clean hard surfaces without using a disinfectant cleaner, you may one-quarter cup of this mixed with a gallon of cool water: