

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 The Department of Health and Human Services (HHS)	2 Weight and height	3 TRUE	4 FALSE	5 Breast and colon cancers, diabetes, heart disease	6 Physical, economic, social, emotional, life satisfaction, development, psychological, engaging activities and work	7 Reduce anxiety or stress; calming; lower blood pressure; improve overall health; help cope with illness
8 The World Health Organization (WHO)	9 It takes eight years of coursework to earn a Pharm.D.	10 Not always. Different strengths could look different or nearly the same. Be sure to read all medication labels.	11 Prescription drugs are ordered for you, meant for only one person, purchased at a pharmacy, need a prescription	12 To experience the effects of the active ingredient	13 False. There are restrictions for some OTC medications	14 False. Even the most commonplace OTC drugs can have harmful side effects or interactions
15 Opioids	16 Reduce the chance your head or body will hit the vehicle's interior	17 TRUE	18 When the seatbelt lays across the chest instead of the neck	19 Sneakers; closed shoes	20 FALSE	21 Transit Oriented Development
22 Older people, children, alcohol impaired individuals	23 Chips	24 9 calories	25 Poor diet, lack of exercise, smoking, obesity, age, diabetes, heredity	26 Gender, age, level of activity	27 FALSE	28 The United States Department of Agriculture (USDA)
29 A serving is a measured amount; a portion is an amount you choose to eat	30 Meat; poultry; eggs; raw milk; fruits; vegetables; raw shellfish					