



You decided to eat an apple instead of candy. Go ahead 2 spaces.

You ate a lot of meat for dinner but no vegetables. Go back 1 space.

You explained to your friend why tea and coffee aren't good for us. Move ahead 3 spaces.

You ate only candy and no healthy food. Go back 2 spaces.

For dinner you ate whole grains and vegetables. Move ahead 3 spaces.

You exercised so you could take care of your body. Move ahead 3 spaces.

You thought it would be fun to smoke. Go back 5 spaces.