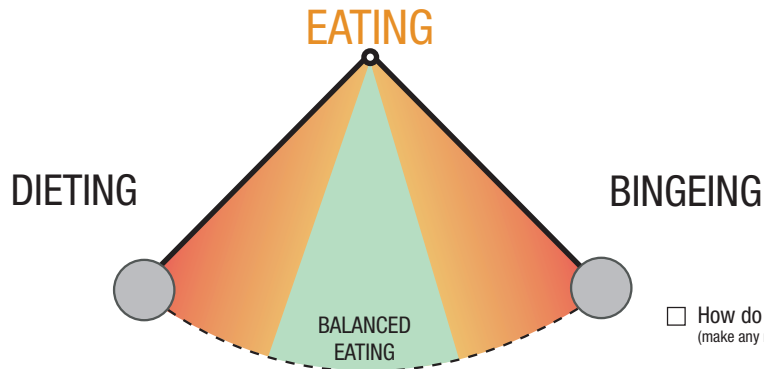




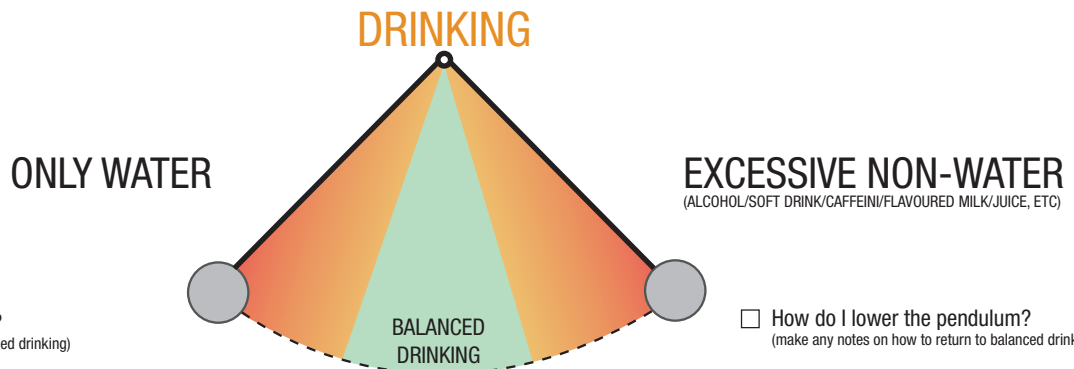
Pendulum Activity



How do I lower the pendulum?
(make any notes on how to return to balanced eating)

How do I keep the pendulum balanced?
(make any notes on how to continue balanced eating)

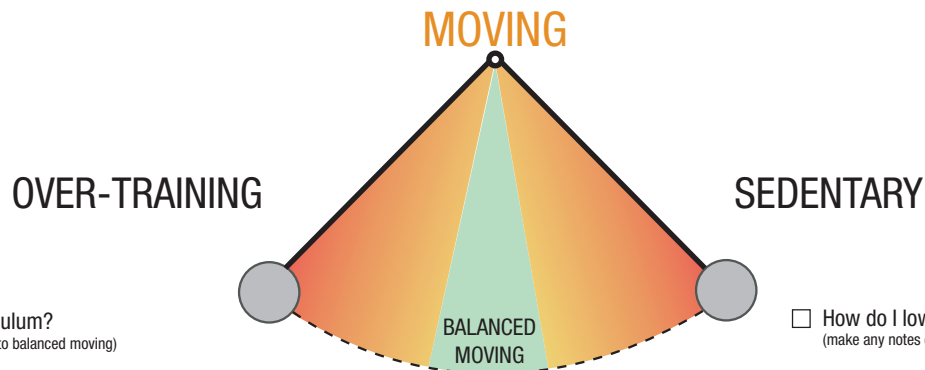
How do I lower the pendulum?
(make any notes on how to return to balanced eating)



How do I lower the pendulum?
(make any notes on how to return to balanced drinking)

How do I keep the pendulum balanced?
(make any notes on how to continue balanced drinking)

How do I lower the pendulum?
(make any notes on how to return to balanced drinking)



How do I lower the pendulum?
(make any notes on how to return to balanced moving)

How do I keep the pendulum balanced?
(make any notes on how to continue balanced moving)

How do I lower the pendulum?
(make any notes on how to return to balanced moving)
