



## What's Your Fun Level?

Having fun is good for your health and memory!

List your top 10 favorite fun activities and the number of times you have done them this week:

Activity	Times done this week
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

What is the total number of times you've had fun this week?

Make time for at least one of these activities every day to reduce stress.

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