

1. wake up early in
the morning
2. drink enough
water
3. go to bed late
4. drink sugary
drinks too much
5. do morning
exercise
6. finish your
homework on
time
7. read books daily
8. watch TV too
much
9. eat too many
candies
10. wash your
hands before
study
11. meals
Vietnamese
12. come to class on
every day
time