

SLEEP

The word 'SLEEP' is written in a large, bold, rounded font. The letter 'S' is significantly larger than the others. Surrounding the text are various hand-drawn icons: a book with a dotted cover, the text 'zzz...' above a cloud, a crescent moon, several four-pointed stars, and a simple line drawing of a face with closed eyes.

EXERCISE

The word 'EXERCISE' is written in a large, bold, rounded font. The letter 'E' is significantly larger than the others. Surrounding the text are various hand-drawn icons: a pair of sneakers, a ball with diagonal stripes, two lightning bolts, and a dumbbell.

EATING WELL

The word 'EATING WELL' is written in a large, bold, rounded font. The letter 'E' is significantly larger than the others. Surrounding the text are various hand-drawn icons: a carrot, an acorn, a strawberry, a banana, and an orange.