

teenMEN ADMIT ONE Write down three sports or activities that you like to do to be active: 1. 2. 3.	teenMEN ADMIT ONE Write down three healthy meals or snacks that you know how to make for yourself: 1. 2. 3.	teenMEN ADMIT ONE What is one thing I could do each day to help me mature into the man I want to be?
teenMEN ADMIT ONE Three emotions that are normal to feel during puberty: 1. 2. 3.	teenMEN ADMIT ONE What are three things that testosterone does in your body: 1. 2. 3.	teenMEN ADMIT ONE Three things I need to do every day to practice good hygiene: 1. 2. 3.