At breakfast you ignored the serving size on the cereal and consumed 300 calories. Move back four spaces.
During Fitness Testing in PE class your BMI is measured at 31.2. Move back six spaces.
Your cholesterol score is 211 at your back to school physical. Move back seven spaces.
You get caught smoking.
Move back six spaces.
At the vending machine today, you chose Snickers and a Coke. Move back seven spaces.
90 minutes of video games. Zero minutes of physical activity. Move back six spaces.