

How to:

Start

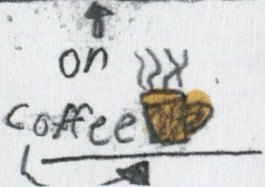
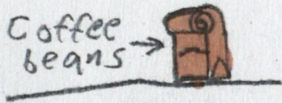
By: Catalina  
Cahoy

Youth

DAY!

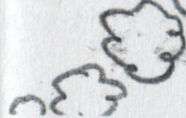
(the right way)





① Start The  
Coffee pot

It seems to  
make people  
smile!





2

Brush -  
teeth

Kill those  
sugarbugs!



③

Put On  
Cleanbriefs

Oops I  
mentioned  
the un-  
mentionables.



④ prepare  
breakfast  
nutrition is  
important!



5

Eat up!  
Get full for  
a good  
day!



6

So...  
Can we  
have a  
sleepover?





Catalina  
Cahoy is a  
creative, fun  
and funny  
person.  
She is also  
the author  
of "The Diary of a  
Hungry Swallowtail  
Caterpillar"