

**I am ...**

**an 80 year old  
man**

**I am ...**

**an 80 year old  
woman**

**I am a ...**

**newborn baby**

**I am a ...**

**toddler**

**I am ...**

**an overweight  
10 year old boy**

**I am ...**

**an underweight  
10 year old girl**

**I am ...**

**a teenage girl**

**I am ...**

**a teenage boy**

**I am ...**

**a male adult  
gymnast**

**I am ...**

**a female  
footballer**

**I am ...**

**a pregnant  
woman**

**I am ...**

**a teenage boy  
with a broken  
arm**

**I am ...**

**a vegan  
teenager**

**I am ...**

**a vegetarian  
teenager**

**I am ...**

**a 40 year old man  
with Type 2  
Diabetes**

**I am ...**

**a 65 year old  
woman with  
osteoporosis**



**I am ...**

**a ten year old  
boy**

**I am ...**

**a ten year old  
girl**

**I am ...**

**an adult male with  
no health problems**

**I am ...**

**an adult female  
with no health  
problems**