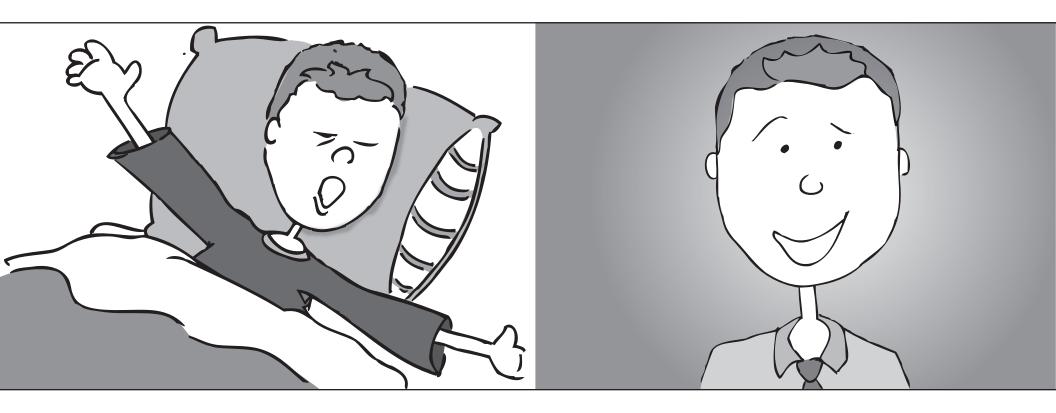


THIS BOOK BELONGS TO



Jeff Petry is a leader on the Montreal Canadiens team. He always tries to be responsible. That means he must make good choices.





In the morning, Jeff wakes up hungry.

It makes him feel good that he has been responsible all day long.



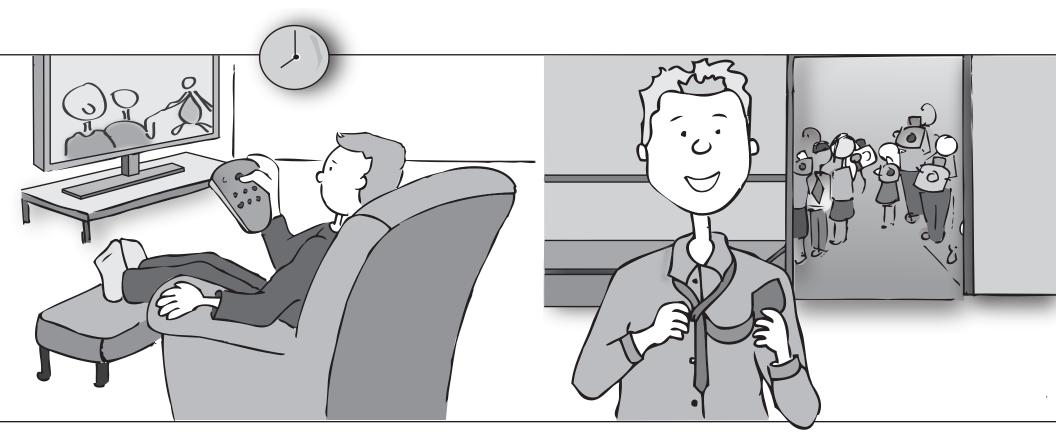




Then he signs some autographs for the fans. He talks to the fans like they're his friends. The fans cheer when they see him. He smiles and waves at them. His stomach growls like a lion. Jeff sees some leftover pizza. He chooses cereal and fruit instead. He knows that eating a healthy breakfast will help keep his body strong.



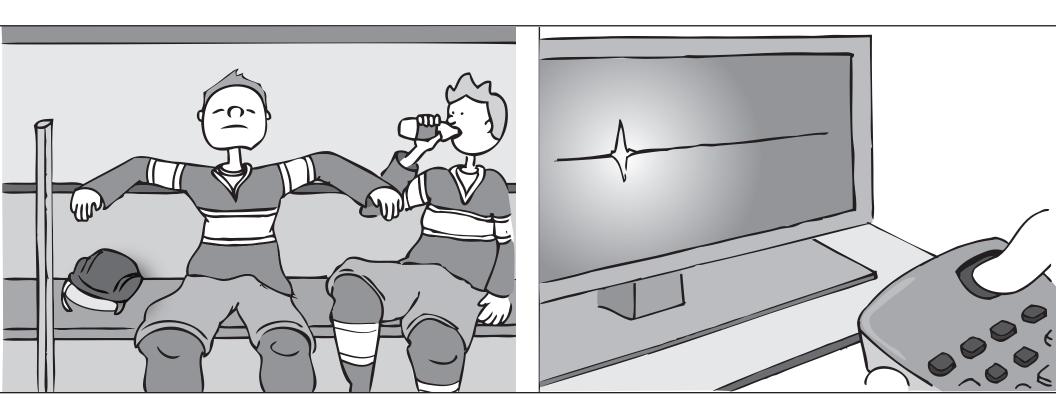




It is eight o'clock. Jeff is watching his favorite morning show. Jeff has to be at the arena before nine. He gets dressed and goes out to meet with the reporters.



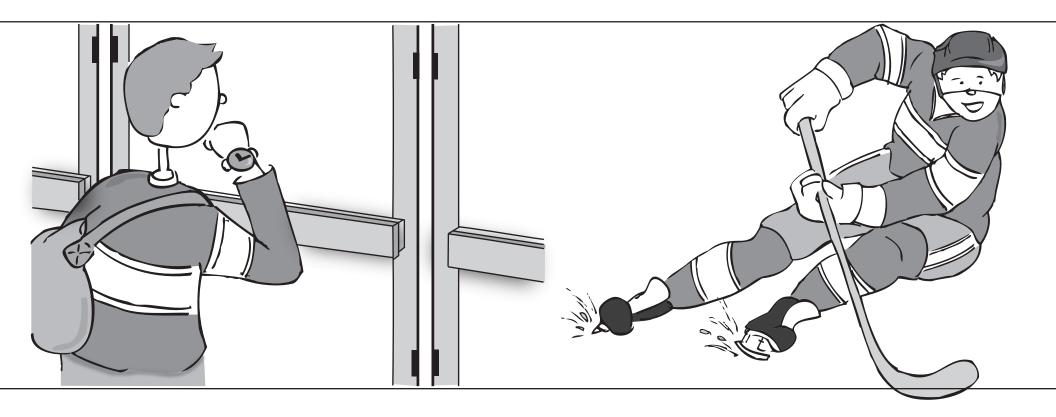




After practice, all the players are tired. Jeff wants to rest, but there's still more work for him to do. He chooses to switch off the tv. He doesn't want to be late.







Jeff arrives at the arena bursting with energy and right on time. The other Montreal players can always count on him to be on time. He always skates hard and he always does his best. Jeff sets a good example for the other players. They see him and it makes them want to be responsible and try their hardest too.



