



Healthy Me Checklist

Directions: Each day take time to review the sentences below and have your child circle the face that best describes their day. Strive to have as many happy faces filled in as is possible.

Today is: Monday Tuesday Wednesday Thursday Friday Saturday Sunday

I am healthy because...

I drank plenty of water.. . . . ☺ ☹

I got plenty of sleep.. ☺ ☹

I exercised my body. ☺ ☹

I ate vegetables today. ☺ ☹

I drank milk today. ☺ ☹

I ate fruit today. ☺ ☹

I ate meat or beans today.... ☺ ☹

I ate breads/grains today.. . . . ☺ ☹

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