

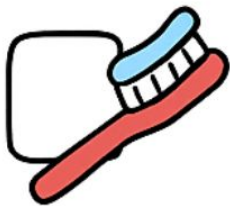


Healthy Habits Checklist

Healthy habits keep your body strong!
Check off the healthy things you did today.



Brushed my teeth
in the morning.



Brushed my teeth
at night.



Ate some fruits
or vegetables.



Drank plenty of water.



Washed my hands
before eating.



Played or exercised
for a little while.