

A Healthier You!

Be Active	Find Balance	Keep Clean	Eat Well
<p>■ How much time do you exercise each day? _____</p> <p>(It's good to get at least 1 hour!)</p> <p>■ What do you enjoy doing for exercise? _____ _____</p> <p>■ Do you wear a helmet when you ride your bike? <input type="checkbox"/> yes <input type="checkbox"/> no</p> <p>■ Do you wear sunscreen when you are outside? <input type="checkbox"/> yes <input type="checkbox"/> no (It's important all year long!)</p>	<p>■ How do you relieve stress? _____ _____</p> <p>■ How much screen time (watching TV, using cellphones, video games, computers and other electronics) do you have each day? _____</p> <p>(Ages 2 to 5: You should only have 1 hour or less of screen time. Ask your parents to watch with you! Age 6 and older: Talk with your parents about how much screen time is right for you.)</p> <p>■ How many hours of sleep do you get each night? _____</p> <p>(It's good to get 8 to 10 hours!)</p>	<p>■ How many times do you brush your teeth each day? _____</p> <p>(Twice a day helps prevent cavities and keeps your teeth bright!)</p> <p>■ How often do you floss? _____</p> <p>(Once a day keeps your teeth healthy!)</p> <p>■ How often should you take a bath or shower? _____</p> <p>(It doesn't have to be every day!)</p> <p>■ When should you wash your hands? _____</p> <p>(Wash your hands after using the bathroom, sneezing or coughing.)</p>	<p>■ How many vegetables do you eat each day? _____</p> <p>(It's good to have 3 to 4 servings!)</p> <p>■ How much milk do you drink each day? _____</p> <p>(Three servings keeps your bones growing strong!)</p> <p>■ Do you always eat breakfast? <input type="checkbox"/> yes <input type="checkbox"/> no (It's the most important meal of the day!)</p> <p>■ How much pop and juice do you drink each day? _____</p> <p>(Try to choose drinks that have less sugar such as water or milk. Having a little sugar is OK, but too much isn't good for your body or teeth.)</p>
<p>Learn more! Visit healthpoweredkids.org to try these lessons:</p>			
<ul style="list-style-type: none"> <input type="checkbox"/> Body Composition <input type="checkbox"/> Healthy Heart <input type="checkbox"/> Move it! The Importance of Daily Exercise <input type="checkbox"/> Safe and Fun, In the Sun! <input type="checkbox"/> Staying Safe During Physical Activity 	<ul style="list-style-type: none"> <input type="checkbox"/> Guided Imagery for Younger Children <input type="checkbox"/> It's All in the Breathing <input type="checkbox"/> Power Off! <input type="checkbox"/> Stress Busters <input type="checkbox"/> Super Sleep 	<ul style="list-style-type: none"> <input type="checkbox"/> Listen Hear! All About the Ear <input type="checkbox"/> Skin: Caring for the Largest Organ <input type="checkbox"/> Smile Bright! Tooth Care <input type="checkbox"/> Splash! Why We Need a Bath <input type="checkbox"/> Wash Hands for Health! 	<ul style="list-style-type: none"> <input type="checkbox"/> Hungry for Breakfast <input type="checkbox"/> Milk Matters <input type="checkbox"/> MyPlate and Yours Too! <input type="checkbox"/> Picky Eating <input type="checkbox"/> Smart Snacking



Flip the page over to set a goal!

My Goal

Write down a goal that will help you make good choices about being active, finding balance, keeping clean or eating well.

How to Get Started

1. Choose rewards that will help you meet your goal. Write them in the chart below.
2. Pick a day to start.
3. Put a sticker in the box if you follow the plan.
4. If you get _____ stickers in a week, you get the reward!
(insert number)

Reward Ideas

- Outdoor fun! Play outside with bubbles or sidewalk chalk.
- Go on a field trip! Visit a nearby park, library or farmers market.
- Get a new book or read an extra story before bedtime.

Try not to choose rewards that will make it hard to reach your goal. For example, don't use food or screen time as a reward.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Reward
Week 1								
Week 2								
Week 3								
Week 4								