

Healthy Me Checklist

Directions:

Each day this week, take time to review the sentences below with your child and have them circle or color the face that best describes their day. **Strive to have as many happy faces filled in as is possible.**

Explain that taking care of our bodies by eating healthy foods, exercising, and getting enough sleep also helps our brains. Help them understand the choices we make each day impact how we think and feel about ourselves.

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
I drank plenty of water today.														
I exercised my body today.														
I drank milk today.														
I ate meat or beans today.														
I ate vegetables today.														
I ate fruit today.														
I ate bread or grains today.														
I got plenty of sleep.														
Overall, I felt like this today. Directions: draw the face that best fits how you felt today. Here are some ideas: Happy or calm Nervous or worried Sad or upset Frustrated or overwhelmed Angry														

