

Daily Rules for Staying Healthy

NAME: _____

To help you remember what your body needs.

Times to Eat



My breakfast time: _____



My lunch time: _____

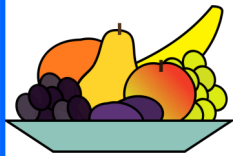


My snack time: _____



My dinner time: _____

Food & Drink



I eat _____ servings of fruit every day.

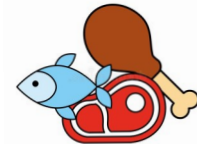


I eat _____ servings of vegetables.



I eat _____ servings of calcium foods.

I eat _____ servings of protein.



I fill my plate once a meal.



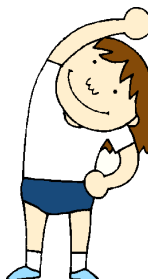
I pick one day a week (_____) for a treat.

I drink _____ glasses of water every day.

I drink _____ glasses of other drinks too.



Physical activity



I do this exercise: _____

for _____ minutes _____ times a week.



Bathroom — I go

when I get up _____,

after breakfast _____,

after lunch _____,

after work/school _____,

after dinner _____,

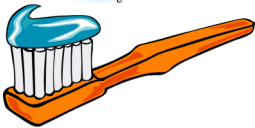
before bedtime _____.



Clean your body



I wash my hands before I eat, and after the bathroom.



I brush my teeth 2x, mornings  and evenings. 

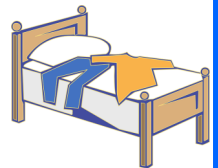
I shower every _____ day(s).



I wash my hair every _____ day(s)

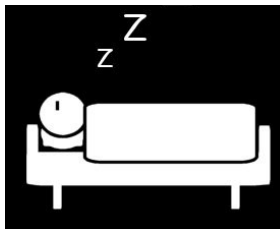


I put on clean clothes every day.



I cut my finger & toe nails every _____ week(s).

Sleep



My bedtime is:

AM			:		
PM			:		



My wake up time is :

AM			:		
PM			:		