

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



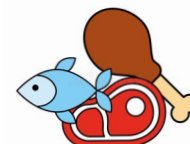
I eat _____ servings of fruit every day.

I eat _____ servings of vegetables.



I eat _____ servings of calcium foods.

I eat _____ servings of protein.



I fill my plate once a meal.



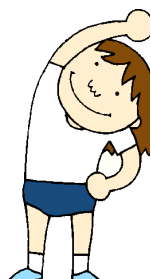
I pick one day a week (_____) for a treat.

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.

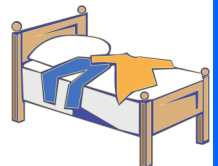


I brush my teeth 2x, mornings  and evenings. 

I shower every _____ day(s).

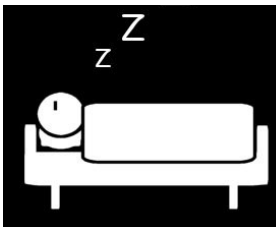
I wash my hair every _____ day(s)

I put on clean clothes every day.

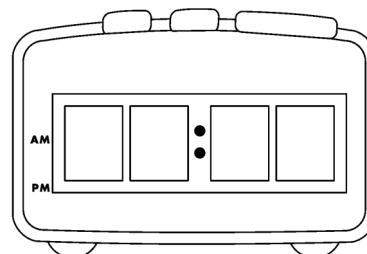


I cut my finger & toe nails every _____ week(s).

Sleep



My bedtime is:



My wake up time is :

