

Sun Safe Kids Sunscreen Application Checklist

Date: \_\_\_\_\_ Name: \_\_\_\_\_

Time of Application	Sunscreen SPF	Amount Applied (g)	Body Parts Covered	Notes
08:00 AM	SPF 50	30	Face, arms, legs	Reapplied after swimming

Note: The first row is a sample entry. Please fill in the subsequent rows with your own sunscreen application details.

- Remember to apply sunscreen at least 15 minutes before sun exposure.
- Reapply sunscreen every 2 hours or immediately after swimming, sweating, or towel drying.
- Use a water-resistant sunscreen if swimming or sweating.
- Ensure even coverage on all exposed skin areas.