

## Healthy Habits Chart

Use the chart below as a guide in developing the chart you use with your class.

Student's name: \_\_\_\_\_ Week starting: \_\_\_\_\_

Day	Eat 3 meals a day	Eat healthy foods	Exercise 30 minutes per day	Go to bed early at night	Wear safety gear when needed
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Notes or Comments:

Student signature \_\_\_\_\_

Parent signature \_\_\_\_\_

Teacher signature \_\_\_\_\_