

Healthy
Me



HEALTHY CHOICES

Cross off things when you complete them.

I brushed my teeth.

I recycled something.

I exercised for 30 minutes.

I wrote someone a letter.

I did a puzzle.

I played a game.

I ate a healthy meal.

I took care of an animal.

I drew a picture.

I drank a bottle of water.

I read for 30 minutes.

