

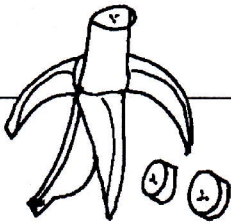
# Healthful Habits


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

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

Parent Signature: \_\_\_\_\_

Dear Parents,  
 We are learning about the needs of our bodies. We learned that the body needs healthful food to eat. It needs daily exercise (like riding bikes or playing physical games). Children 5 -8 years old also need about 10 hours of sleep each night and need to brush their teeth after every meal. Please help your child keep track of his/her health behaviors for one week. We will use this information to set some health goals as a class.  
 Thank you!  
 Return the completed chart to class by: \_\_\_\_\_



	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
I ate a variety of healthful food.							
I exercised today.							
I brushed my teeth after each meal.							
I slept for at least 10 hours.							

**Objective:** To chart current health habits for one week