



My Healthy Habits Chart

Keep a record of your healthy habits.

Healthy Habits	✓	✓	✓	✓	✓	✓	✓
 Illustration of hands being washed under a faucet with soap bubbles.							
 Illustration of a toothbrush and a tube of toothpaste.							
 Illustration of an apple, a bunch of grapes, and a carrot.							
 Illustration of a boy jumping joyfully.							
 Illustration of a boy taking a bubble bath.							
 Illustration of a doctor examining a boy.							