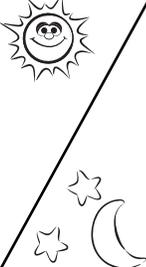
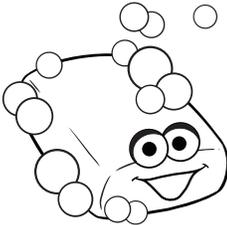


My Healthy Week

Encourage good habits and healthy routines throughout the week!

A calendar to encourage healthy habits and routines all week long. Use this chart to encourage three good habits that keep your little one healthy and strong. Hang it somewhere easy for your child to see, such as the refrigerator. When your child finishes brushing his teeth, washing his hands, or sleeping for 10 hours (recommended for ages 3-5), encourage your child to color in the square. At the end of a healthy week, share a healthy snack!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teeth Brushing 							
Handwashing 							
Sleep 							