

Week 6: The Power of HEALTH

Start Date: _____

Our minds work much better when healthy we stay,
and move it and shake it for some of the day.
And when we eat healthy, then we can eat treats!
Get good sleep, eat good snacks, be active. Repeat.

Each day, write down what you did to exercise, how long, and a healthy snack you had to eat.

Day 1 Exercise: _____ & I ate a healthy snack _____.

Day 2 Exercise: _____ & I ate a healthy snack _____.

Day 3 Exercise: _____ & I ate a healthy snack _____.

Day 4 Exercise: _____ & I ate a healthy snack _____.

Day 5 Exercise: _____ & I ate a healthy snack _____.

Day 6 Exercise: _____ & I ate a healthy snack _____.

Day 7 Exercise: _____ & I ate a healthy snack _____.

Reflections, Thoughts, & Doodles:

Some questions to think about:

How do you feel? Did you follow through? Will you keep this up each week?