



_____ 's Healthy Habits Chart

Mark the spots each day when you use these healthy habits. Keep track for a week. You can mark more than one time in each box. Be honest.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Brush your teeth in morning							
Wash your hands after using the bathroom							
Wash your hands before eating food							
Wash your hands after playing outside							
Wash your hands after you sneeze or cough							
Wash your hands after petting an animal							
Wash your hands if you are around someone who is sick							
Brush your teeth before bed							
Take a bath or shower							

At the end of the week, go over your results.

I am very good at remembering _____.

I need to do a better job or remembering to _____.