

My Healthy Habits Chart



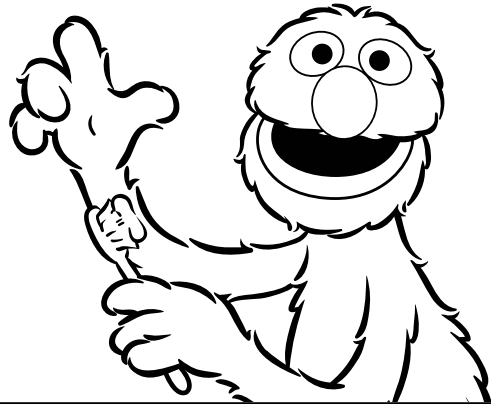
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Keep a record of your healthy habits by drawing an X in the boxes below.

I wash my hands.



I brush my teeth.



I eat healthy foods.



I exercise.



I take a bath.



I cover my mouth when I sneeze or cough.

