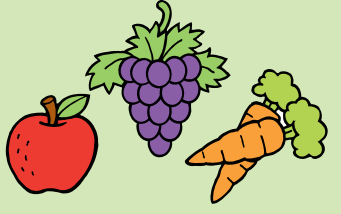






# My Healthy Habits Chart

Keep a record of your healthy habits.

Healthy Habits							
<p>I wash my hands.</p> 							
<p>I brush my teeth.</p> 							
<p>I eat healthy foods.</p> 							
<p>I exercise.</p> 							
<p>I bathe daily.</p> 							
<p>I visit the doctor.</p> 							

Ask your child why each of these healthy habits is important.