# *My Healthy Habits Journal*

Name_____

# *Monday*

## *I am healthy because......*

I remembered to brush two times
a day this weekend.

☺     ☹

# *Tuesday*

## *I am healthy because......*

I remembered to brush my teeth     ☺    ☹

I was a germ catcher by washing my hands     ☺    ☹

I was a germ catcher by sneezing into a sleeve     ☺    ☹

# *Wednesday*

## *I am healthy because......*

I remembered to brush my teeth     ☺    ☹

I was a germ catcher by washing my hands     ☺    ☹

I was a germ catcher by sneezing into a sleeve     ☺    ☹

I drank plenty of water     ☺    ☹

I got plenty of sleep     ☺    ☹

# *Thursday*

## *I am healthy because......*

I remembered to brush my teeth           ☺   ☹

I was a germ catcher by washing my hands   ☺   ☹

I was a germ catcher by sneezing into a sleeve   ☺   ☹

I drank plenty of water                  ☺   ☹

I got plenty of sleep                    ☺   ☹

I exercised my body                      ☺   ☹

# *Friday*

## *I am healthy because......*

| | | | | | |
|---|---|---|---|---|---|
| I remembered to brush my teeth | ☺ | ☹ | I ate healthy foods | | |
| I was a germ catcher by washing my hands | ☺ | ☹ | breads/grains | ☺ | ☹ |
| | | | vegetables | ☺ | ☹ |
| I was a germ catcher by sneezing into a sleeve | ☺ | ☹ | fruits | ☺ | ☹ |
| I drank plenty of water | ☺ | ☹ | dairy | ☺ | ☹ |
| I got plenty of sleep | ☺ | ☹ | meat | ☺ | ☹ |
| I exercised my body | ☺ | ☹ | not too many sweets | ☺ | ☹ |