Healthy H	abits Checklist	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	I got enough sleep.							
A CONTRACTOR OF THE PARTY OF TH	I ate healthy meals and snacks.							
Medicire R <sub>X</sub>	I took my medications.							
40000000000	I brushed my hair.							
Sans	I bathed.							
	I washed my hands often.							
Deodorant Spray Deodorant	I used deodorant.							
Toothpaste	I brushed my teeth morning and night. I flossed my teeth at least once a day.							
	I made sure my clothes were clean. I dressed for the weather and season.							
Va Va	I moved enough.							
ÎÎ)	I smiled, I had fun.							
otes:				•	•			