

KEEP YOUR MIND, BODY AND SPIRIT FIT!
LET'S HAVE FUN AND BE HEALTHY TOGETHER!
CHECK OFF ALL YOU HAVE DONE.

Name _____

School _____

Complete this with an older sibling, parent or other adult

Teacher _____

F 	I 	T 	G 	O 
Physical Activity	Healthy Eating	Healthy Living	Positive Mental Health	Safety & Injury Prevention
I brought my water bottle to school every day	I ate a red or orange fruit	I asked a classmate to play	I smiled at 2 people in my class	I dressed warmly to go outside
I played after school	I ate this healthy food from my lunch _____	I slept for at least 10 hours on this night _____	I helped my friend refill their water bottle	I obeyed traffic signals and stop signs this week
I played my favourite game today	I drank water when I was thirsty	Healthy Schools	An adult I can go to for help is _____	I walked with other people
I have indoor shoes at school for gym class	I ate a green vegetable	I read a story with _____	I talked to an adult about my feelings	I made sure my shoes were on properly
I was active with my family or friends by doing this _____	I ate breakfast everyday □□□□□	I said "How are you?" to someone today	I had some quiet time today	I wore my seatbelt every time I rode in a car

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