



Kids: Feel good and be healthy!

Set a goal for how many stars you're trying to achieve this week.

Give yourself stars each day when you take care of your body, eat smart, spend time with others, and enjoy quiet time by yourself.

Then, make it happen ... and see how good you feel!



CATEGORIES



		STARS PER DAY	SUN	MON	TUES	WED	THU	FRI	SAT	
CARE FOR YOURSELF	Get out and move Good choices: Walk, run, swim, bike, dance, do sports, chores, yoga, jump rope	30 min = 2 stars 45 min = 3 stars 60 min = 4 stars								
	Care for your smile Brush your teeth and floss as your dentist suggests	1 stars								
	Get a good night's sleep Go to bed early enough so you wake up with energy	1 star								
EAT SMART	Healthy breakfast Start the day with a nutritious meal. Good choices: Fruit, vegetables, whole grains, low-fat protein, low-fat dairy	2 stars								
	Healthy lunch Good choices: Fruit, vegetables, whole grains, lean meat, low-fat dairy	1 star								
	Healthy dinner Good choices: Fruit, vegetables, whole grains, lean meat, low-fat dairy	1 star								
	Healthy snacks Good choices: Fruit, vegetables, whole grains, nuts	1 star								
MAKE TIME	Quiet time for yourself Good choices: Pray, read, do art, make music, journal, rest	30 min = 1 star								
	Social time with others Do something with family or friends, volunteer, play a game	60 min = 1 star								
TOTAL										WEEKLY TOTAL



Parents, take note: This tracking sheet is offered for general information purposes only and should not be seen as recommending a specific course of action. Always seek the advice of your physician or other qualified health care provider before starting your children on an exercise program or significantly changing your diet.