

(Your Name)

# Healthy Choices



Sleep



Water



Milk



Vegetables



Fruits



Meat & Beans



Grains



Vitamins



Exercise



Brush Teeth

	Sleep	Water	Milk	Vegetables	Fruits	Meat & Beans	Grains	Vitamins	Exercise	Brush Teeth
Sunday										
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										

I did a great job with \_\_\_\_\_

What did you find challenging this week? \_\_\_\_\_

How can you meet these challenges next week? \_\_\_\_\_

For Complete Instructions Visit

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Math & Science