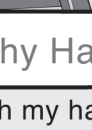


Health and Safety Check














Use this chart to check off
all the things you do to
stay safe and healthy.





My Healthy Habits Chart

Keep a record of your healthy habits.

Healthy Habits							
 I wash my hands.							
 I brush my teeth.							
 I eat healthy foods.							
 I exercise.							
 I bathe daily.							
 I visit the doctor.							