Healthy Habits

Collect 12 stamps on your learning journey

EXPLORER'S NAME

AGE / GROUP



MY ADVENTURE CHECKPOINTS

01
Wash hands
Date: _____
STAMP

02
Brush teeth
Date: _____
STAMP

03
Drink water
Date: _____
STAMP

04
Eat a fruit
Date: _____
STAMP

05
Try a vegetable
Date: _____
STAMP

06
Move your body
Date: _____
STAMP

07
Rest quietly
Date: _____
STAMP

08
Follow bedtime steps
Date: _____
STAMP

09
Stretch
Date: _____
STAMP

10
Take a deep breath
Date: _____
STAMP

11
Play outside
Date: _____
STAMP

12
Earn healthy badge
Date: _____
STAMP



All 12 complete? Celebrate your achievement!

Stamp, sticker or color one checkpoint after each activity.

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