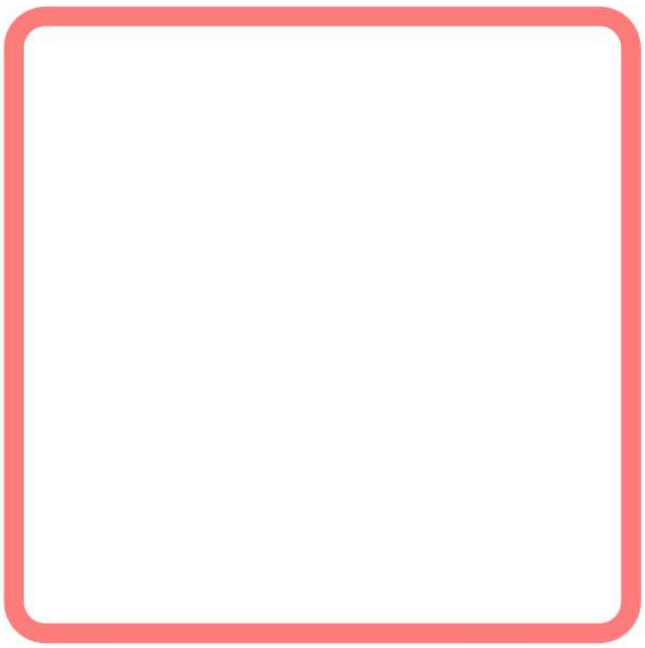
For a Healthy Me!

www.brooklynactivemama.com

All about Me



Name: _____

Age: _____

Height: _____

Weight: _____

My Hobbies:

_____

_____

My Favorite Sport:

_____

My Favorite Song:

_____

My Favorite Place:

_____

My Favorite Food:

_____

My Favorite Drink:

_____

My Favorite People:

_____

Things that make me happy: _____

_____

Healthy 101

It is important to be healthy because _____

_____

_____

_____.

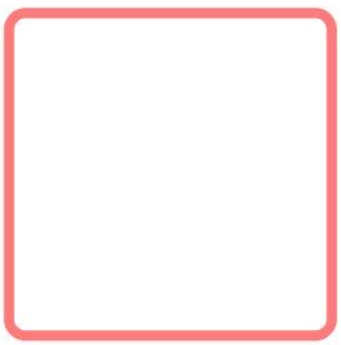
I can have a healthy body by _____

_____

_____

_____.

Right thumbmark

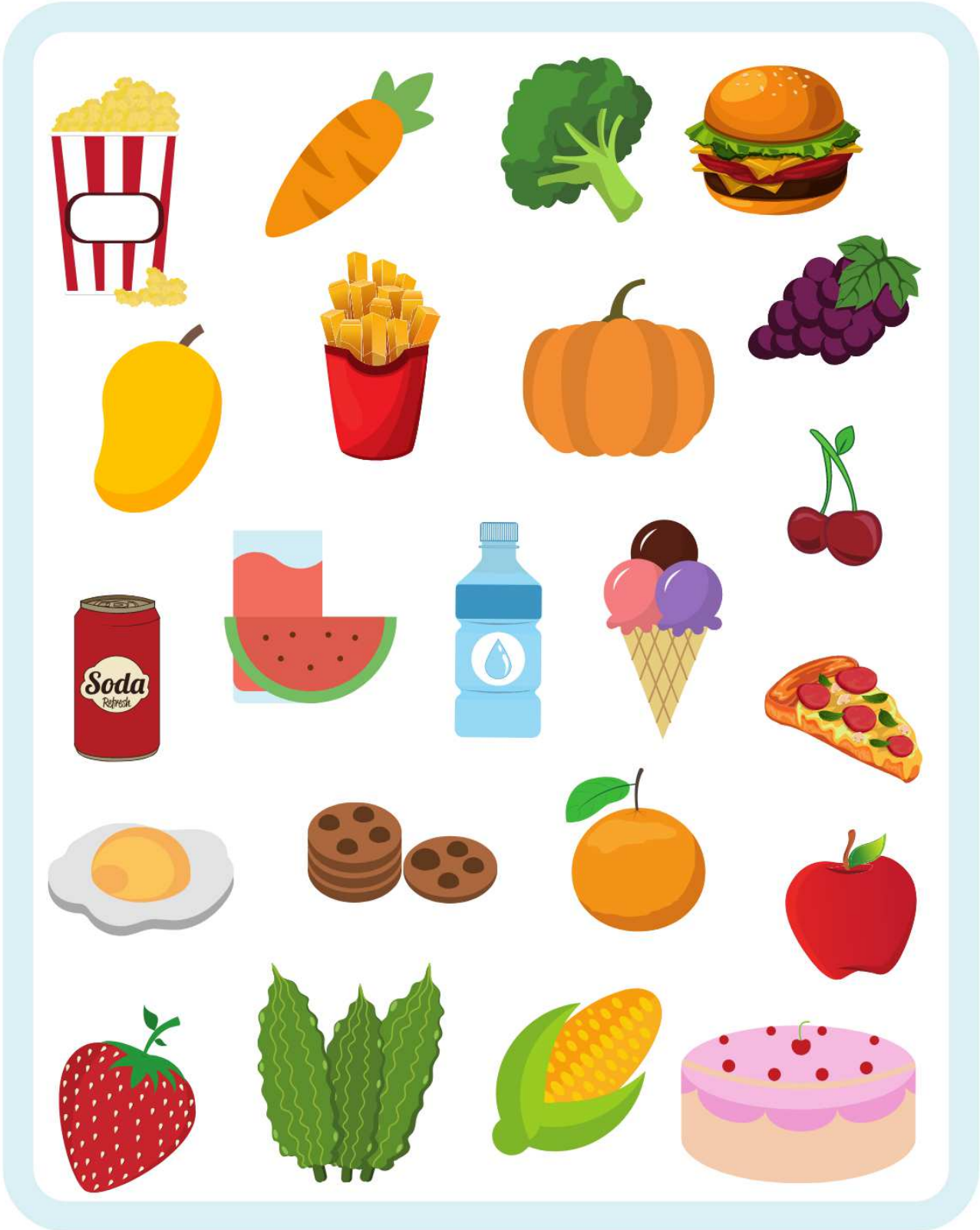


Starting today, I will _____

_____.

Healthy Food Hunt!

Encircle all the healthy food and drinks.
Cross out all the sometimes food.



My Healthy Routine

Time: Activity:

My Healthy Routine

Cut and paste to make your own healthy routine.

















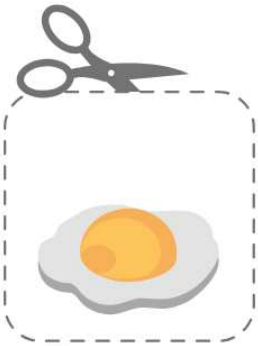



My Meal Plan

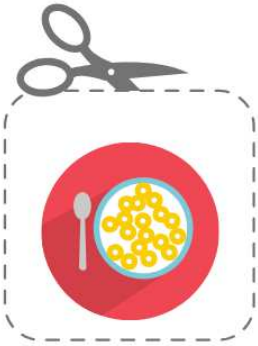
Time:	Food:	Drinks:

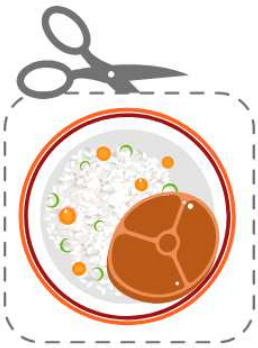
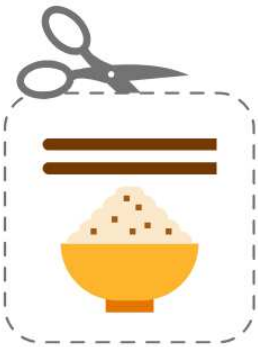
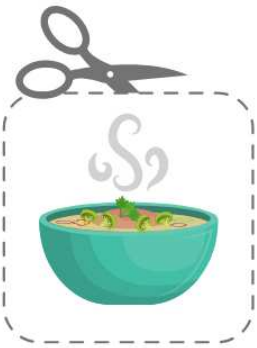
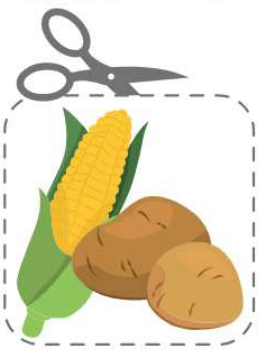
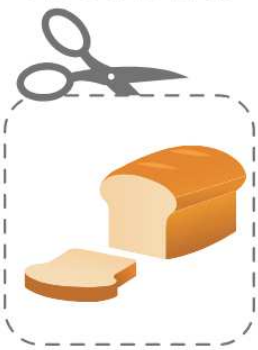
My Meal Plan

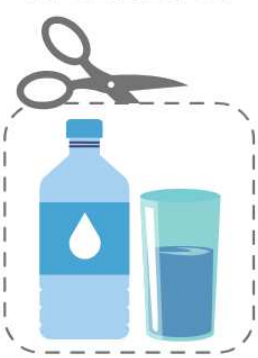
Cut and paste to make your own meal plan.



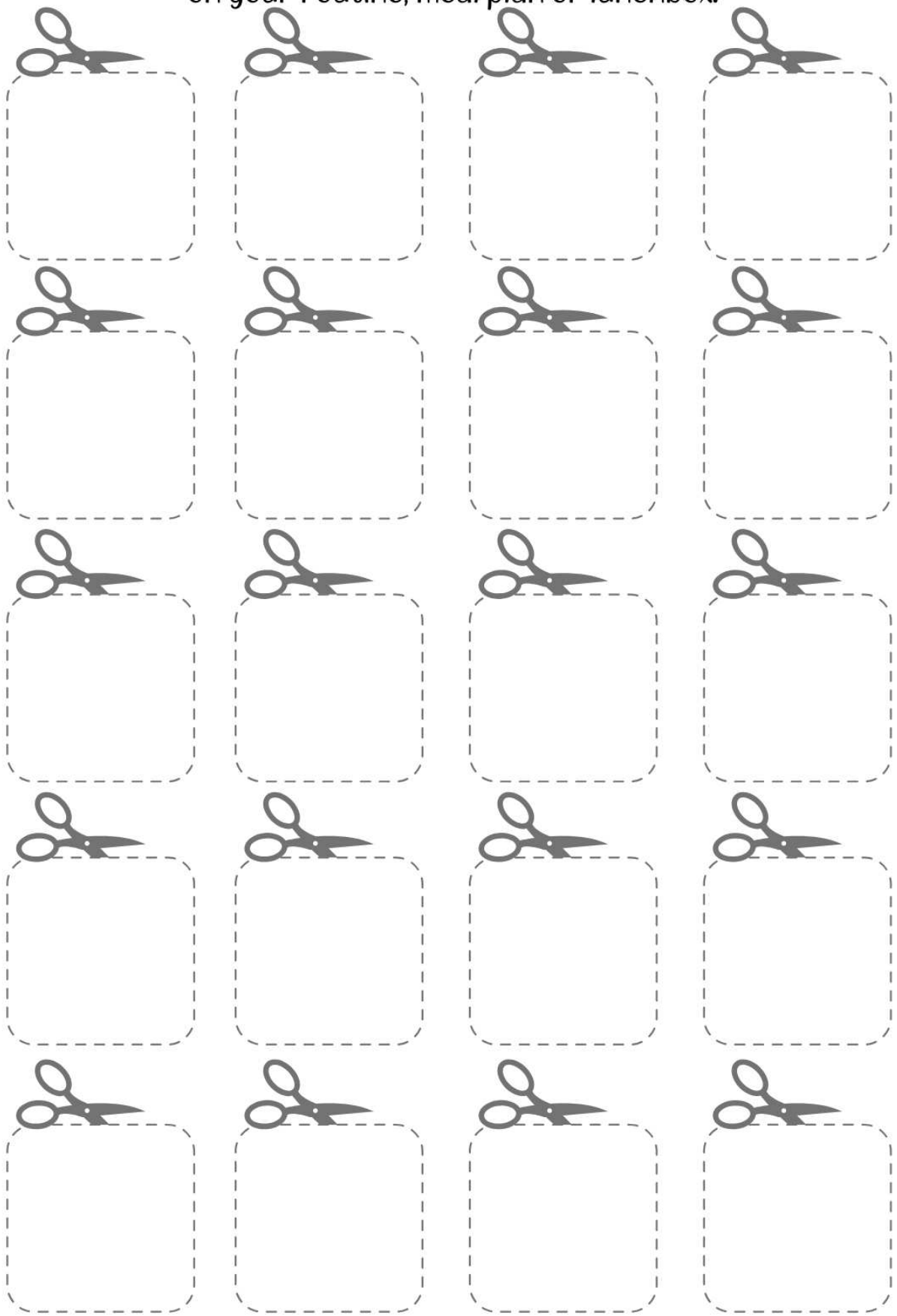


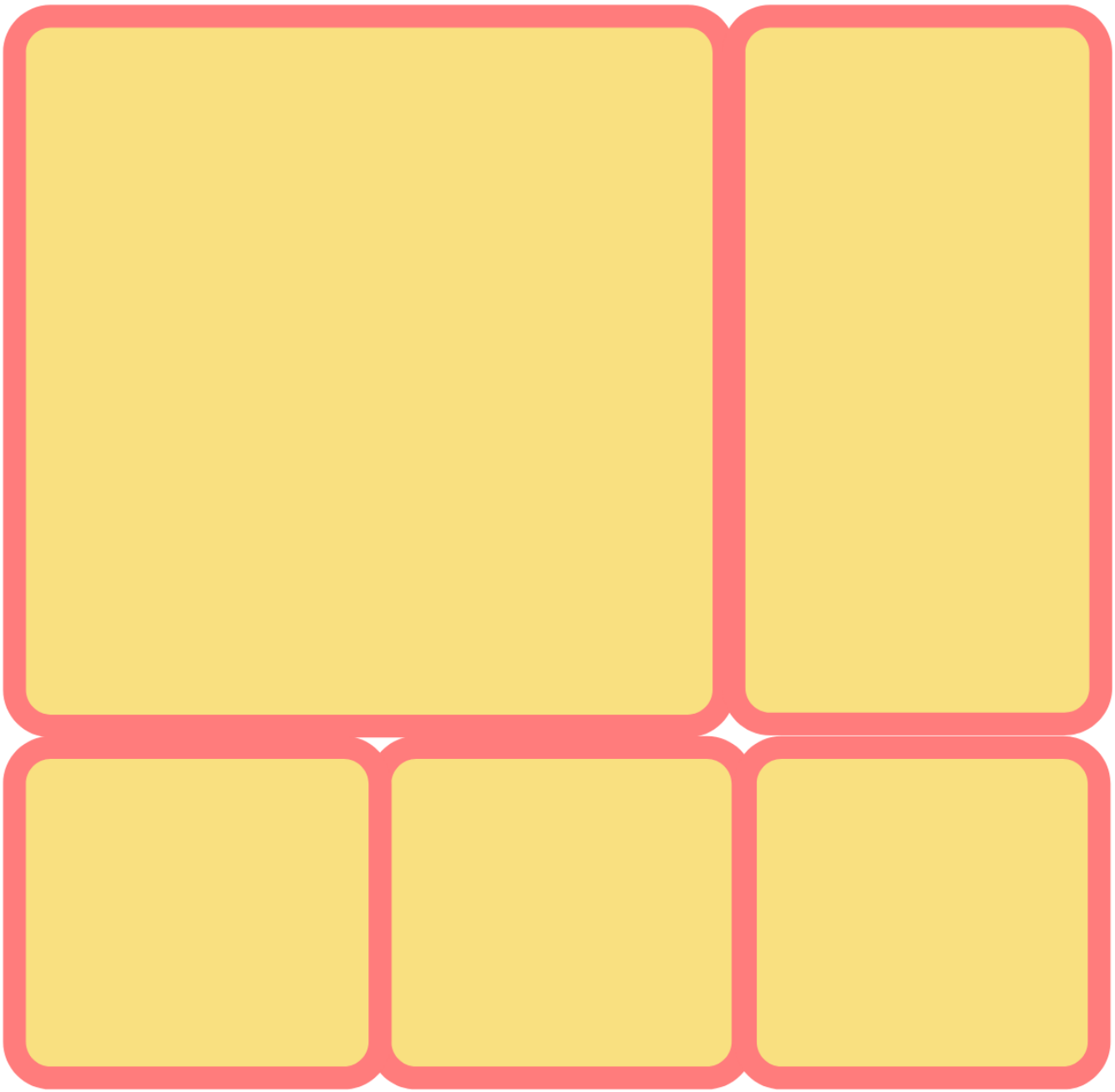

Draw my Plan

Draw a healthy activity/food/drink and paste them on your routine, meal plan or lunchbox.



My Healthy Lunchbox

Stick the healthy food/drink on your lunchbox.



My Healthy Mind and Heart

My STRENGTHS and SKILLS:

Positive Words from others:

Encouraging Words for myself:

I am happy when...

Precious people close to my heart

My hope and dream...

My Healthy Body

Draw your body after following a healthy routine and meal plan.