

Keep My Body Healthy Worksheet

Name: _____

Date	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Bathe or shower														
Wash hands														
Brush teeth														
Drink water														
Run and play														
Get sleep														

Put a tally mark in the box each time you do one of the things to keep yourself healthy