

Achivement 3a - Make a chart and keep track of your health habits for two weeks

	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	Total
Bath (check each day you take a bath)															
Brush teeth (number of times)															
Wash hands (number of times)															
Drink fluids (number of glasses)															
Play outdoors (number of minutes)															
Sleep (number of hours)															
Tell when you brush your teeth: (example: after meals, before bed)															
Tell when you wash your hands: (example: before meals, any time I get really dirty)															
What do you like to drink?															