

Common Sense Factor Kids™

HEALTHY HABITS

TRACKER

Small Habits Today, Big Benefits Tomorrow!



Healthy habits help you feel good, have more energy, and do your best every day! Track your habits each day and celebrate your progress!

How It Works:

- ★ Do each healthy habit every day.
- ★ Color in or check the box.
- ★ Try your best and have fun!



MY HEALTHY HABITS	MON	TUE	WED	THU	FRI	SAT	SUN	MY GOAL
Drink Water Stay hydrated!	☐	☐	☐	☐	☐	☐	☐	___/7
Eat Healthy Foods Fuel my body!	☐	☐	☐	☐	☐	☐	☐	___/7
Be Active Move my body!	☐	☐	☐	☐	☐	☐	☐	___/7
Get Enough Sleep Rest and recharge!	☐	☐	☐	☐	☐	☐	☐	___/7
Learn Something New Keep my mind growing!	☐	☐	☐	☐	☐	☐	☐	___/7
Be Kind Help others!	☐	☐	☐	☐	☐	☐	☐	___/7
Take Care of Myself I matter!	☐	☐	☐	☐	☐	☐	☐	___/7

MY GOAL THIS WEEK:

★ _____

★ _____

★ _____



I DID IT!

I tracked my healthy habits all week!



I FEEL:

Color how you feel at the end of the week!



Great!



Okay



Need Work



Be proud of yourself for making healthy choices every day!



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Learning Today For A Safer Tomorrow™

Educational resource only. Children should always be supervised by a responsible adult.