Wolf Achievement 3 - Keep Your Body Healthy
Health Habits Chart

| | 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 often; use soap**<br>Do this once a day if you can | | | | | | | | | | | | | | |
| **Wash your hands**<br>Before meals and after you use the toilet | | | | | | | | | | | | | | |
| **Brush your teeth**<br>Before you go to bed and after breakfast | | | | | | | | | | | | | | |
| **Drink lots of water**<br>Six or eight glasses every day | | | | | | | | | | | | | | |
| **Run and play outdoors**<br>Chart how many minutes daily | | | | | | | | | | | | | | |
| **Get the sleep you need**<br>Chart how many hours each night | | | | | | | | | | | | | | |