



..... is healthy!

(fill in your name)

Name the top three (3) ways you are healthy.

Blank space for writing the top three ways you are healthy.

What is the healthiest food you like to eat?  
Why do you like it?

Blank space for writing about the healthiest food you like to eat.

What are your favorite outdoor activities  
that keep you healthy?  
Why is it good to stay active?

Blank space for writing about favorite outdoor activities.

Draw yourself doing something healthy.

Large blank space for drawing yourself doing something healthy.



How much sleep and  
exercise do you try to get  
so you feel the healthiest?

Blank space for writing about sleep and exercise.



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