



# My Healthy

## My Healthy Smile

## My Safety Choices

Date

To keep my smile healthy, I:


 Brushed for 2 minutes 

 Brushed for 2 minutes

I made these good safety choices:

Date

To keep my healthy smile, I:


 Brushed for 2 minutes 

 Brushed for 2 minutes

I made these good safety choices:

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I made these good safety choices:

# Happy Journal



Name \_\_\_\_\_

## *My Healthy Food Choices*

I ate these healthy foods:

I ate these healthy foods:

I ate these healthy foods:

I ate these healthy foods:

I ate these healthy foods:

I ate these healthy foods:

I ate these healthy foods:

## *I Got Moving!*

I did these activities today:

I did these activities today:

I did these activities today:

I did these activities today:

I did these activities today:

I did these activities today:

I did these activities today:

## *I Washed My Hands*

I washed before:

I washed after:

I washed before:

I washed after:

I washed before:

I washed after:

I washed before:

I washed after:

I washed before:

I washed after:

I washed before:

I washed after:

I washed before:

I washed after: