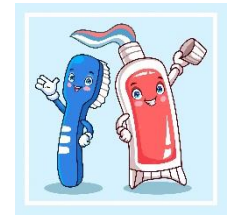


My Healthy Living Tracker



<p>I can do 10x star jumps!</p> <p><u>Parent/Carer signature:</u></p>	<p>I can drink all my water from my water bottle.</p> <p><u>Parent/Carer signature:</u></p>	<p>I can get myself dressed for the day ☺</p> <p><u>Parent/Carer signature:</u></p>	<p>I can wash my own body and hair.</p> <p><u>Parent/Carer signature:</u></p>	<p>I can eat at least 5 pieces of fruit or vegetables throughout the day!</p> <p><u>Parent/Carer signature:</u></p>	<p>I can Brush my teeth in the morning and before bed</p> <p><u>Parent/Carer signature:</u></p>	<p>I can sleep in my own bed for the entire night!</p> <p><u>Parent/Carer signature:</u></p>
<p>I can balance on one leg</p> <p><u>Parent/Carer signature:</u></p>	<p>I can try a new healthy food! ☺</p> <p><u>Parent/Carer signature:</u></p>	<p>I can brush my own hair</p> <p><u>Parent/Carer signature:</u></p>	<p>I will help make and pack my own healthy lunch</p> <p><u>Parent/Carer signature:</u></p>	<p>I will try a new vegetable today</p> <p><u>Parent/Carer signature:</u></p>	<p>I can run up around the nursery decking or my garden 5x.</p> <p><u>Parent/Carer signature:</u></p>	<p>I will learn a new yoga pose.</p> <p><u>Parent/Carer signature:</u></p>
<p>I will eat a new green vegetable today</p> <p><u>Parent/Carer signature:</u></p>	<p>I will sing and learn a new tooth brushing song</p> <p><u>Parent/Carer signature:</u></p>	<p>I will try a new healthy food today</p> <p><u>Parent/Carer signature:</u></p>	<p>I can sing head, shoulders, knees and toes</p> <p><u>Parent/Carer signature:</u></p>	<p>I can bake with an adult</p> <p><u>Parent/Carer signature:</u></p>	<p>I can drink only water for the day! (No Juice)</p> <p><u>Parent/Carer signature:</u></p>	<p>I can try a new red or orange fruit or vegetable.</p> <p><u>Parent/Carer signature:</u></p>