Kids: Feel good and be healthy!

Set a goal for how many stars you're trying to achieve this week.
Give yourself stars each day when you take care of your body, eat smart, spend time with others, and enjoy quiet time by yourself.
Then, make it happen ... and see how good you feel!

### Categories

#### Get out and move
Good choices: Walk, run, swim, bike, dance, do sports, chores, yoga, jump rope

#### Care for your smile
Brush your teeth and floss as your dentist suggests

#### Get a good night’s sleep
Go to bed early enough so you wake up with energy

#### Healthy breakfast
Start the day with a nutritious meal. Good choices: Fruit, vegetables, whole grains, low-fat protein, low-fat dairy

#### Healthy lunch
Good choices: Fruit, vegetables, whole grains, lean meat, low-fat dairy

#### Healthy dinner
Good choices: Fruit, vegetables, whole grains, lean meat, low-fat dairy

#### Healthy snacks
Good choices: Fruit, vegetables, whole grains, nuts

#### Quiet time for yourself
Good choices: Pray, read, do art, make music, journal, rest

#### Social time with others
Do something with family or friends, volunteer, play a game

### Stars

**Stars Per Day**
- 30 min = 2 stars
- 45 min = 3 stars
- 60 min = 4 stars

**Stars Per Week**
- 1 star
- 2 stars
- 1 star
- 1 star
- 30 min = 1 star
- 60 min = 1 star

**Total**

**My Goal This Week:** ____ STEM

Parents, take note: This tracking sheet is offered for general information purposes only and should not be seen as recommending a specific course of action. Always seek the advice of your physician or other qualified health care provider before starting your children on an exercise program or significantly changing your diet.