

**Healthy Me: Build healthy habits for life.**

Use this diary to build **healthy habits**.

Record your achievements by **colouring in a star** each time to achieve a healthy behaviour

**Work together (parents and children)** to recognise healthy habits.

**Repeat** the use of the diary every six weeks to become healthier and healthier!

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Week 1

*Colour in a star for each of the healthy behaviours that you have achieved this week.*

Social: I said something kind



Nutrition: I ate a healthy balance of food

<http://bit.ly/NHS-Eat-Well>



Activity: I moved enough



Technology: I asked a trusted adult before using technology



Sleep: I got enough sleep.



Other ways I was healthy (*draw or write*):

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Week 2

*Colour in a star for each of the healthy behaviours that you have achieved this week.*

Social: I made someone smile.



Nutrition: I mostly drank water

<https://www.sugarsmartuk.org>



Activity: I tried a new activity



Technology: I checked a trusted adult could see me when I used technology



Sleep: I stuck to my bedtime.



Other ways I was healthy (*draw or write*):

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Week 3

*Colour in a star for each of the healthy behaviours that you have achieved this week.*

Social: I played a game.



Nutrition: I chose healthy snacks

<http://bit.ly/Sugar-Swaps>



Activity: I walked more.



Technology: I stopped using a device at the agreed time



Sleep: I woke up ready to go!



Other ways I was healthy (*draw or write*):

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Week 4

*Colour in a star for each of the healthy behaviours that you have achieved this week.*

Social: I said something nice to my family.



Nutrition: I ate breakfast.



Activity: I played an active game with a friend.



Technology: I was kind and polite while I used technology



Sleep: I read at bedtime.



Other ways I was healthy (*draw or write*):

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Week 5

*Colour in a star for each of the healthy behaviours that you have achieved this week.*

Social: I shared with other people



Nutrition: I ate fruit

<http://bit.ly/NHS-5aDay>



Activity: I did 30 mins activity everyday outside of school.



Technology: I took a break and moved around after 30 minutes



Sleep: I tried to stay in my bed all night.



Other ways I was healthy (*draw or write*):

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Week 6

*Colour in a star for each of the healthy behaviours that you have achieved this week.*

Social: I encouraged someone



Nutrition: I ate vegetables

<http://bit.ly/NHS-5aDay>



Activity: I got active with my family



Technology: I talked about something I enjoyed on technology with a friend or family member



Sleep: I can get myself ready for bed.



Other ways I was healthy (*draw or write*):