

### 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!

Healthy Me: Building healthy habits for life	
Week 1 <i>Colour in a star for each of the healthy behaviours that you have achieved this week.</i>	
Social: I said something kind	☆
Nutrition: I ate a healthy balance of food <a href="http://bit.ly/NHS-Eat-Well">http://bit.ly/NHS-Eat-Well</a>	☆
Activity: I moved enough	☆
Technology: I asked a trusted adult before using technology	☆
Sleep: I got enough sleep.	☆
Other ways I was healthy:	

Healthy Me: Building healthy habits for life	
Week 2 <i>Colour in a star for each of the healthy behaviours that you have achieved this week.</i>	
Social: I made someone smile.	☆
Nutrition: I mostly drank water <a href="https://www.sugarsmartuk.org">https://www.sugarsmartuk.org</a>	☆
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:	

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Week 3 <i>Colour in a star for each of the healthy behaviours that you have achieved this week.</i>	
Social: I played a game.	☆
Nutrition: I chose healthy snacks <a href="http://bit.ly/Sugar-Swaps">http://bit.ly/Sugar-Swaps</a>	☆
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:	

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Week 4 <i>Colour in a star for each of the healthy behaviours that you have achieved this week.</i>	
Social: I said something nice to my family.	☆
Nutrition: I ate breakfast.	☆
Activity: I played and 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:	

Healthy Me: Building healthy habits for life	
Week 5 <i>Colour in a star for each of the healthy behaviours that you have achieved this week.</i>	
Social: I shared with other people	☆
Nutrition: I ate fruit <a href="http://bit.ly/NHS-5aDay">http://bit.ly/NHS-5aDay</a>	☆
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:	

Healthy Me: Building healthy habits for life	
Week 6 <i>Colour in a star for each of the healthy behaviours that you have achieved this week.</i>	
Social: I encouraged someone	☆
Nutrition: I ate vegetables <a href="http://bit.ly/NHS-5aDay">http://bit.ly/NHS-5aDay</a>	☆
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:	