



A Write the words in the charts. Then add three more of your own.



floss your teeth fruit go for a walk go to bed early
ride a bike happy successful vegetables

Exercise	
1.	_____
2.	_____
3.	_____

Eat Good Foods	
1.	_____
2.	_____
3.	_____

Healthy Habits	
1.	_____
2.	_____
3.	_____

B Look at the chart. Write.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	play tennis			X				
	eat healthy meals	X	X	X	X	X	X	X
	go for a walk	X	X			X		
	go swimming			X			X	

1. How often does he go for a walk?

2. _____

Once a week.

3. _____ go swimming?

4. _____

meals? _____

C How will you be healthy on Sunday?

On Sunday I will _____
