

Healthy Habits

HEALTHY HABIT CHALLENGE

It takes about 3 weeks (21 days) to form a habit. Choose something healthy to practice daily for 3 weeks and see if you can turn it into a new habit!

WHAT'S A HABIT?

A habit is "a pattern of behavior acquired through frequent **REPETITION**."

When you do something on a regular basis it becomes part of your **ROUTINE**. Eventually, if you do it enough, it becomes a habit. That means you do it **AUTOMATICALLY** without needing to be reminded.

Healthy habits have a **POSITIVE** affect on your mind and body. For example, brushing your teeth every morning and before bedtime is an excellent healthy habit!

Write your new habit on the basket.

Each day that you practice your habit, color an apple.

List a few things that are already your

HEALTHY HABITS:

Example: Eating breakfast before school

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Think of ideas to help you
REMEMBER
to do your habit:

Example: Write a note on my mirror

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Never Give Up **E**ncourage Others **D**o Your Best