

Healthy Habits

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!

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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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!

Write your new habit on the basket.

Each day that you practice your habit, cross out a number.



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