

## My Healthy Habits Check List

There are many things we can do to help protect our health like eating well, being physically active, visiting your doctor, and getting enough sleep. After finishing your Family Health Tree, fill out this checklist with the healthy habits you are going to keep. By keeping these healthy habits, you can help reduce your risk for getting those health conditions and diseases listed on your tree. You can post this next to your Family Health Tree to help you remember to keep your healthy habits. Below are some examples of healthy habits with blank spaces underneath where you can fill in your own.



Eat 5 servings of fruits and vegetables a day



Get at least 60 minutes of physical activity a day



Drink water instead of soda or juice

