

WEEKLY HEALTHY HABITS

Student Name: _____ Week Of: _____

DAILY HABIT

MON

TUE

WED

THU

FRI

SAT

SUN

8+ Hours of Sleep

Drink 5 Glasses of
Water

30 Mins Physical
Activity

Eat Fruit or Vegetables

Limit Screen Time
(<2hrs)

Read for Pleasure

Goal: Aim for at least 5 checkmarks per habit each week!