Healthy Habits

Check-Up

How are you ding? Using the scale below, rate your level of healthy.

Limit Screen Time

Does "screen time" interfere with your physical activity, school-work, family time, or other relationships/activities?

No — Sometimes — Yes

Eat Breakfast

Do you eat a healthy meal each morning?

No — Sometimes — Yes

Be Active

Are you physically active at least 30 minutes everyday?

No — Sometimes — Yes

Eat a Colorful Plate

Do your meals include fruits and vegetables?

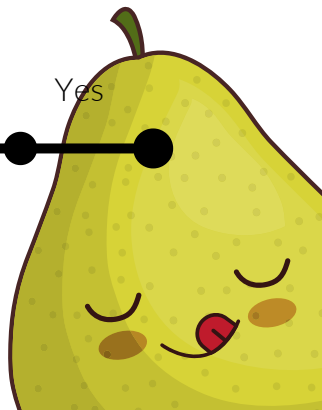
No — Sometimes — Yes

Drink Plenty of Water

Do you drink at least 32 ounces or more of water everyday?

No — Sometimes — Yes

Think Positive

Do you give compliments, think of nice things to say, and focus on positives everyday?

No — Sometimes — Yes