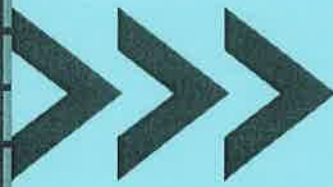


Health Week Tracking



**Staying
healthy
can be
fun and
easy!**

This activity goes along with health week at Morningside Elementary. Please have your child track their healthy activities. Discuss the importance of getting enough sleep, eating healthy and nutritious foods and staying active.

When your child completes an activity, cut out a strip to track the activity, parents should also initial it and then the child can turn it in to their teacher for collection. The class with the most trackers handed in by the end of the week will get a surprise event the following week!



Did you know that sleep helps with the following things and more: muscles rest and repair, body tissues growth and develop, keeps you alert, more focused, creative, and more productive each day, regulates insulin, hormones, and your mood, and helps prevent chronic health problems. It is recommended that school-aged children (6-12yrs) should be getting 9-12 hours of sleep a day.

Track your sleep! Cut out your track pieces and hand them in to your teacher to collect. Remember to get a parent's initials!

 Date _____
Start Sleep _____
End Sleep _____
Total Hours of Sleep _____

Parent
Initials _____

Date _____
Start Sleep _____
End Sleep _____
Total Hours of Sleep _____

Parent
Initials _____

Date _____
Start Sleep _____
End Sleep _____
Total Hours of Sleep _____

Parent
Initials _____

Date _____
Start Sleep _____
End Sleep _____
Total Hours of Sleep _____

Parent
Initials _____

Date _____
Start Sleep _____
End Sleep _____
Total Hours of Sleep _____

Parent
Initials _____

By being active you're keeping your mind and body healthy. Being active for 30-60 minutes a day will help enhance concentration and memory, it will boost academic performance, improve your health and happiness and build self-confidence.

Were you active today? Track your activity and turn it in to your teacher to collect. Remember to get your parent's initials!



Work Hard!

Date _____ Total time _____ Parent Initials _____
Activity _____

Keep Going!

Date _____ Total time _____ Parent Initials _____
Activity _____

You're Great!

Date _____ Total time _____ Parent Initials _____
Activity _____

Dig Deep!

Date _____ Total time _____ Parent Initials _____
Activity _____

Thrive!

Date _____ Total time _____ Parent Initials _____
Activity _____

Having a variety of fruits and vegetables on your plate not only adds color and variety, but also adds essential vitamins and minerals. This helps the body receive the nutrients it needs to keep you thinking smart, playing and moving your best, and to stay healthy from head to toe.

Track what fruits and vegetables you ate, then cut it out and turn it in to your teacher to collect. Remember to get your parent's initials!

✂

Red _____	Green _____	Parent Initials _____
Orange _____	Blue _____	
Yellow _____	Purple _____	

Red _____	Green _____	Parent Initials _____
Orange _____	Blue _____	
Yellow _____	Purple _____	

Red _____	Green _____	Parent Initials _____
Orange _____	Blue _____	
Yellow _____	Purple _____	

Red _____	Green _____	Parent Initials _____
Orange _____	Blue _____	
Yellow _____	Purple _____	

Red _____	Green _____	Parent Initials _____
Orange _____	Blue _____	
Yellow _____	Purple _____	