

My Healthy Lifestyle



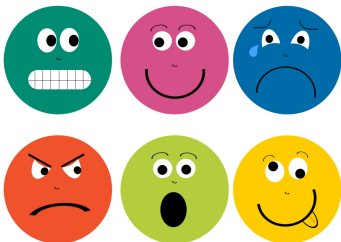
I practice good nutrition by...



I move my body to keep it healthy by...



I make sure I rest and get good sleep by...



I take care of my emotions by...



I practice good hygiene by...



My healthy relationships look like...

Are any of these areas harder for you to do than others? Is there someone who can help you with that?

Why do you think it matters to lead a healthy lifestyle?



Directions:

This month our Fita Focus is Health. Living a healthy lifestyle is important, and you are never too young to start making healthy choices and to live a healthy life with intention (on purpose).

This month our worksheet can be either discussed orally with a family member, or written or drawn out on the worksheet. Be sure to think about the reflection questions at the end- especially the big question, “Why do you think living a healthy lifestyle matters?”