Healthy Habits Printable



Happy Summer! Summer is here and school is out, but that doesn't mean everything stops! Staying physically and mentally active and being aware of your daily habits is important to maintain a healthy lifestyle. Print out this weekly checklist, fill in the goals you want to accomplish during the summer, and try to check off as many as you can each week!

GOALS	MON	TUE	WED	THU	FRI	SAT	SUN
Make my Bed							