



# Healthy Habit Heroes

*Practicing everyday habits to learn, live, and play at your best.*

Category	Today we...	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Build Children Up With Words</b>	Shared our feelings					
<b>Good Rest is Best</b>	Participated in naptime					
<b>Growing Great Tasters</b>	Tried a new food					
<b>Make Breakfast Count</b>	Ate breakfast (at home or in the classroom)					
<b>Reduce Screen Time</b>	Turned off all screens during meals, snacks, and naptime					
<b>Make Snacks Count</b>	Ate a fruit or vegetable at snack time					
<b>Make Each Plate a Healthy Plate</b>	Tried one bite from each food group served at mealtime					
<b>An Hour a Day to Play</b>	Played a new game					
<b>Take Time for Meals</b>	Gave a helping hand during mealtime					
<b>Water First for Thirst</b>	Drank water instead of sugar-sweetened drinks like soda, energy drinks, or sports drinks					
<b>Total</b>						



At the end of each week, celebrate your successes with a healthy hero dance party! Check out [columbus.gov/hchw](http://columbus.gov/hchw) for more ideas on healthy celebrations!

