

“Healthy Living” Chart

For each day of the week, list one behavior/activity that you did in order to promote a **healthy body** (exercise, nutrition, etc.), a **healthy brain** (reading, learning, studying, etc.), and **healthy interactions** (helped others, encouraged a friend, etc.).

MONDAY
Body:
Brain:
Interactions:

TUESDAY
Body:
Brain:
Interactions:

WEDNESDAY
Body:
Brain:
Interactions:

THURSDAY
Body:
Brain:
Interactions:

FRIDAY
Body:
Brain:
Interactions:

SATURDAY
Body:
Brain:
Interactions:

SUNDAY
Body:
Brain:
Interactions: