











**NAME:** ..... **CLASS:** .....






## PHYSICAL HEALTH

	I completed the whole walking challenge bingo board	
	I completed an active workout (e.g. Joe Wicks)	
	I completed a TopYa challenge	
	I did 30 active minutes every day	
	I created a dance routine to my favourite song	

## SMART HEALTH

	I had my 5-a-day in one day	
	I helped to make a healthy snack	
	I completed 'The Healthier Snacking Show' webinar	
	I had at least 9 hours sleep	
	I ate a healthy breakfast every day this week	

## WELLBEING

	I did something to help someone else in my household	
	I completed the Haverling Sports Collective Pilates session	
	I read a book	
	I had a conversation with a friend or relative about what makes me happy	
	I played a game with my family (e.g. Snakes & ladders)	