**HEALTHY HABIT CARDS | PRINT & CUT | PAGE 1**

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| **Drink water every day.** |
| **Eat fruits and/or vegetables with every meal.** |
| **Limit sugary snacks and drinks.** |
| **Get 60 minutes of physical activity each day.** |
| **Get at 8 hours of sleep each night.** |

**HEALTHY HABIT CARDS | PRINT & CUT | PAGE 2**

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| **Set and stick to a regular bedtime and wake-up time.** |
| **Spend more time outdoors each day.** |
| **Practice deep breathing every day to help your mind and body relax.** |
| **Put your phone away 1 hour before bed.** |
| **Make a list of 3 things that you're grateful for each day.** |

**HEALTHY HABIT CARDS | PRINT & CUT | PAGE 3**

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| **Perform an act of kindness for family members or friends every day.** |
| **Brush your teeth twice a day.** |
| **Eat only healthy snacks in between meals.** |
| **Reorganize your room and then keep it organized.** |
| **Create a daily schedule or to-do list.** |

**HEALTHY HABIT CARDS | PRINT & CUT | PAGE 4**

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| **Spend time reading a book of your choice.** |
| **Gently stretch your muscles for 10 minutes each day.** |
| **Write down 1 thing that you're proud to have accomplished each day.** |
| **Practice mindful eating with each bite of your meals.** |
| **Swap sugary drinks for water.** |

**HEALTHY HABIT CARDS | PRINT & CUT | PAGE 5**

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| **Write a journal entry before bedtime.** |
| **Organize your backpack every night before bed.** |
| **Organize your study area and keep it neat for better productivity.** |
| **Tell someone that you appreciate their friendship.** |
| **Challenge yourself to learn a new word each day.** |