

Health Weekly Checklist!

The number one thing I want you to take away from Health class is the ability to apply what we learn to your daily life! This time away is good practice. Complete 1 thing in each area of the health triangle daily.

PHYSICAL HEALTH		
DAY OF THE WEEK	WHAT I DID TODAY:	
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Ideas to practice good physical health: take a walk, play outside, try a new healthy recipe, keep a food journal, drink lots of water, do exercise during the commercials, get enough sleep, take a bubble bath, try a new online workout from the MANY fitness studios and apps who are streaming free!

MENTAL HEALTH		
DAY OF THE WEEK	WHAT I DID TODAY:	
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Ideas to practice good mental health: read a book, do a puzzle, draw or color, take a nap, play an online brain game (or one from the newspaper or magazines!), write in your journal, listen to your favorite music, organize your drawers and/or your bedroom, do something that makes you smile and feel good!

SOCIAL HEALTH

DAY OF THE WEEK	WHAT I DID TODAY:	
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Ideas to practice good social health: have a nightly topic with your family to discuss together after dinner, FaceTime with friends or loved ones who you can't be with, reach out to a friend that you haven't spoken with in awhile due to schedules and/or life - just reconnect with them!, limit your screen time, write a letter to a friend (yes, a hand written letter!) and drop it in the mail, go through your privacy settings on your social media apps, leave positive comments on ten people's Instagram each day!