

Week:



Put a tick in each circle when you have met that challenge!

Sun

Mon

Tues

Weds

Thurs

Fri

Sat



Active Archie

I was active for 30 minutes.



Clever Kahu

I stretched my mind.



Mealtime Millie

I had three veg and two fruit.



Helpful Hemi

I helped someone else.



Refreshed Rosie

I had 9-12 hours sleep.

I have filled in this record honestly:

Signed:

Monitor
signed:

Date: