

Health Passport



Name: _____

Date: _____

Health Goals:

Human Development Institute
Health+Wellness
initiative



Eat Well.
Move More.
Live Happy!

Activity:

Strength Training Exercise



What I Did:



Activity:

Aerobic Exercise



What I Did:



Activity:

Balance Exercise



What I Did:



Activity:

Stretch Exercise



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What I Did:



Activity:

10,000 Steps in One Day



What I Did:

A large, empty rectangular box with a green border, intended for a drawing or additional notes related to the activity.

Activity:

Full Day with No Screen
Time



What I Did:

A large, empty rectangular box with a green border, intended for a drawing or additional notes related to the activity.

Activity:

Drink More Water

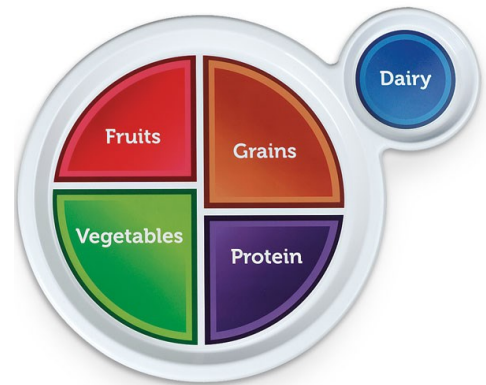


What I Did:



Activity:

Make Half My Plate Fruit and Vegetables

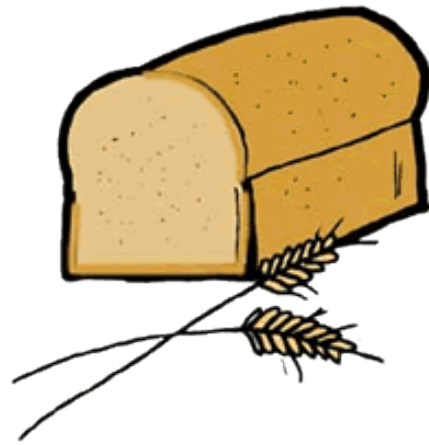


What I Did:



Activity:

Eat Whole Grains



What I Did:



Activity:

Eat Less Sugar



What I Did:



Activity:

What I Did:



Activity:

What I Did:

