

### Health Chart

Name:			

### Keep a record of your health habits for at least two weeks.

(You do not need to return the chart when you are done, but you should have your parents sign the requirement [3a] in your book or send a signed note to scouts that you completed it)

Day:	١	2	3	4	5	6	7	8	9	10	-11	12	13	14
Days I Showered														
Times I washed my hands														
Times I Brushed my teeth														
Glasses of water I drank														
Time I played outdoors														
Hours I slept														



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