

EARN * A * STAR CHECKLIST

Are you ready to start earning as many stars as you can?! See how many you can get by the end of the week!



For each healthy and fun thing you do on the list, give yourself a star for the day/night you did it. For example: If it is Monday and you used have eaten a healthy breakfast, color in that star for Monday. At the end of the week count how many stars you have colored in!

If you earn:

1-15 stars: *That*'s *a good try!* Try for more the next week to keep your skin feeling good! **16-31 stars:** *Great Job!* Keep on working on those healthy habits!

32 or more stars: *Excellent!* We bet your skin is feeling awesome and looking great! Keep up the fantastic work!

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1	i nave ea	ten a neaith	y breaktas	st so i nave	lots of ener	gy to pia	y and learn!
						T	
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
(2)	I have brushed and flossed my teeth after meals!						
	\rightarrow	\Rightarrow	*	\Rightarrow	\Rightarrow	\Rightarrow	
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
3	I have not an my Supply Dayoff Supply and SDE 201 to keep my skip healthout						
3	I have put on my Sunny Days™ Sunscreen SPF 30+ to keep my skin healthy!						
	W	W	V	V		V	
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
4	I have learned something new today!						
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
5.	I have made someone happy today!						
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat

