



# 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!



Directions: 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 your Bubbly Body Bar™, draw yourself a star on the line for Monday. At the end of the week count how many stars you have both morning and night and see what your score is!

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!

1 I have taken my bath or shower!

☐

Sun

☐

Mon

☐

Tues

☐

Wed

☐

Thurs

☐

Fri

☐

Sat

2 I have used my Happy Face and Body Lotion after my bath or shower!

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Sun

☐

Mon

☐

Tues

☐

Wed

☐

Thurs

☐

Fri

☐

Sat

3 I have brushed and flossed my teeth!

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Sun

☐

Mon

☐

Tues

☐

Wed

☐

Thurs

☐

Fri

☐

Sat

4 I have washed my face!

☐

Sun

☐

Mon

☐

Tues

☐

Wed

☐

Thurs

☐

Fri

☐

Sat

5. I have put on my Pajamas!

☐

Sun

☐

Mon

☐

Tues

☐

Wed

☐

Thurs

☐

Fri

☐

Sat



PARENTS, GO TO [WWW.TRUKID.COM](http://WWW.TRUKID.COM) TO PRINT OUT YOUR WEEKLY EARN ★ A ★ STAR CHECKLIST

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