

# Is this routine healthy?

Read about Emma's daily routine. Then, check (✓) if she has each healthy habit.



## EMMA

Hello! My name is Emma.

I wake up at **7:00 a.m.** every day.

After I wake up, I brush my teeth and get dressed. Then, I have a healthy breakfast with milk, fruit and cereal.

I walk to school with my parents.

After school, I do my homework and play in the park with my friends.

In the evening, I have dinner with my family.

Before bed, I read a book for twenty minutes.

I go to bed at **9:00 p.m.**

## HEALTHY HABITS CHECKLIST

YES NO



She wakes up at a good time.



She brushes her teeth.



She has a healthy breakfast.



She walks to school or is active.



She does her homework.



She plays outside or does exercise.



She has dinner with her family.



She reads before bed.



She goes to bed at a good time.