Partners in Prevention Fund

Site:_____

What is your middle initial?_____

What is your date of birth (month/day/year)?_____

Today's date:_____

family health journal

Name:

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Five Senses

These are my 5 senses:

My senses help me learn, grow, and discover new things.

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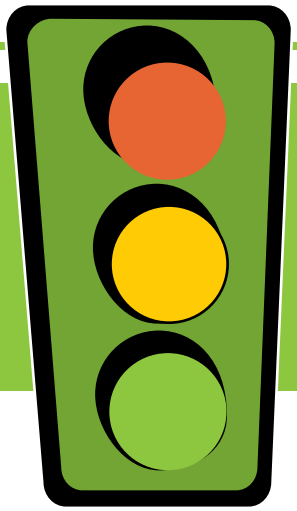
GO, SLOW, WHOA Foods

These are my favorite GO foods:



I eat GO foods anytime because they help me grow and feel good!

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Fabulous Fruits

My favorite fruits are:

Eating a variety of healthy foods gives my body important nutrients.

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Move to the Beat

This is how I like to move:

Being active helps my heart and body stay healthy!

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Energy Balance

This is my favorite GO snack and my favorite way to be active:

Eating healthy foods gives me energy to play!

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I Love My Veggies!

Here is a rainbow salad:

Eating vegetables every day helps my family stay healthy!

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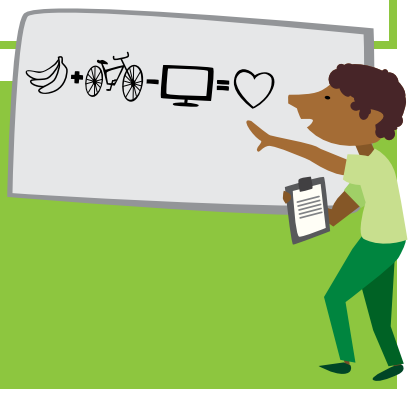
Perfect Portions

My favorite meal includes:



A healthy meal includes fruits and vegetables, starches, and protein!

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Dem Bones

These are my healthy bones:

Dancing, jumping, and being active helps my bones become stronger!

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Healthy Beverages

Here I am drinking water:

Water and low-fat milk helps my body feel good!!

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Smart Sleep!

This is how I get ready for bed:

Getting a good night's sleep helps me learn and play all day.

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Family Meal

When I eat with my family, I like to:

Preparing family meals together is fun!

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The End!

My Healthy Family:

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Diario de la Salud de la Familia

Nombre:

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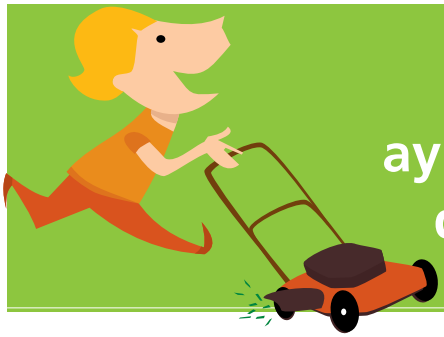
Cinco Sentidos

Éstos son mis cinco sentidos:



Mis sentidos me ayudan a aprender, crecer y descubrir nuevas cosas.

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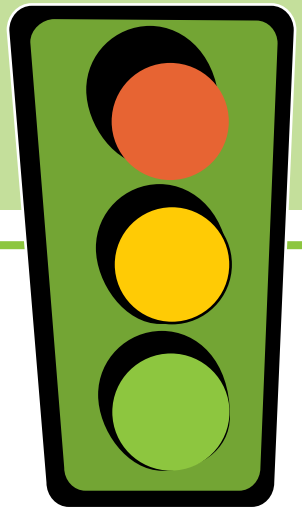
Comidas Siga, Despacio, Pare



Éstas son mis comidas favoritas SIGA:

¡Yo consumo comidas SIGA a cualquier hora porque ellas me ayudan a crecer y a sentirme bien!

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Frutas Fabulosas

Mis frutas favoritas son:

Comer una variedad de alimentos saludables le da a mi cuerpo nutrientes importantes.

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Muévase al Ritmo

Así es como me gusta moverme:

¡El ser activo ayuda a mi corazón y cuerpo a mantenerse saludables!

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Balance de Energía

Ésta es mi comida SIGA favorita y mi manera favorita de estar activo:

¡Consumir comidas saludables me dá energía para jugar!

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¡Amo Mis Vegetales!

Ésta es una ensalada arcoiris:

¡Comer vegetales todos los días ayuda a mi familia a mantenerse saludable!

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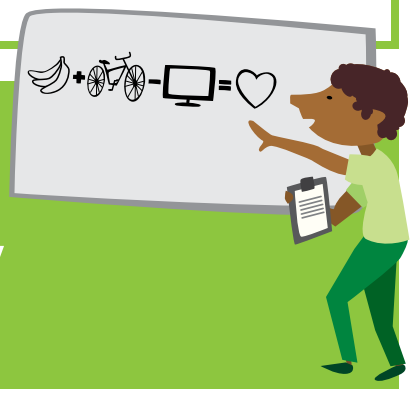
Porciones Perfectas

Mi comida favorita incluye:



¡Una comida saludable incluye frutas y vegetales, almidones y proteína!

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Huesos Secos

Éstos son mis huesos saludables:

¡El bailar, saltar y ser activo ayuda a mis huesos a volverse más fuertes!

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Bebidas Saludables

Aquí estay yo tomando agua:

¡¡El agua y la leche baja en grasa ayudan a mi cuerpo a sentirse bien!!

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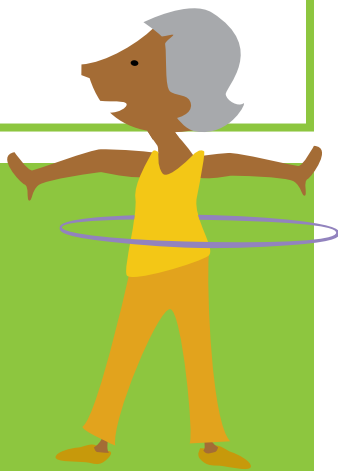
¡Sueño Sabio!

Así es como me alisto para ir a la cama:

Tener un sueño reparador me ayuda a aprender y a jugar todo el día.



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Comida Familiar

Cuando como con mi familia a mi me gusta:

¡Preparar comidas familiares juntos es divertido!

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¡Fin!

Mi saludable familia:

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