Name: _____

Wolf Cub Scouts

Achievement 3a: Keep Your Body Healthy

Mark your chart each time you do these things. Bring the chart back to a den meeting after two weeks. For baths/showers, washing hands, and brushing teeth, write in the number of times you did that activity each day. For drinking water, write in the number of cups of water you drink each day. For run and play outdoors, write in the number of minutes each day. For get the sleep you need, write in the number of hours you got the night before. Have fun! ☺

	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
Bathe or shower often; Use soap.														
Wash your hands often.														
Brush your teeth.														
Drink lots of water.														
Run and play outdoors.														
Get the sleep you need.														