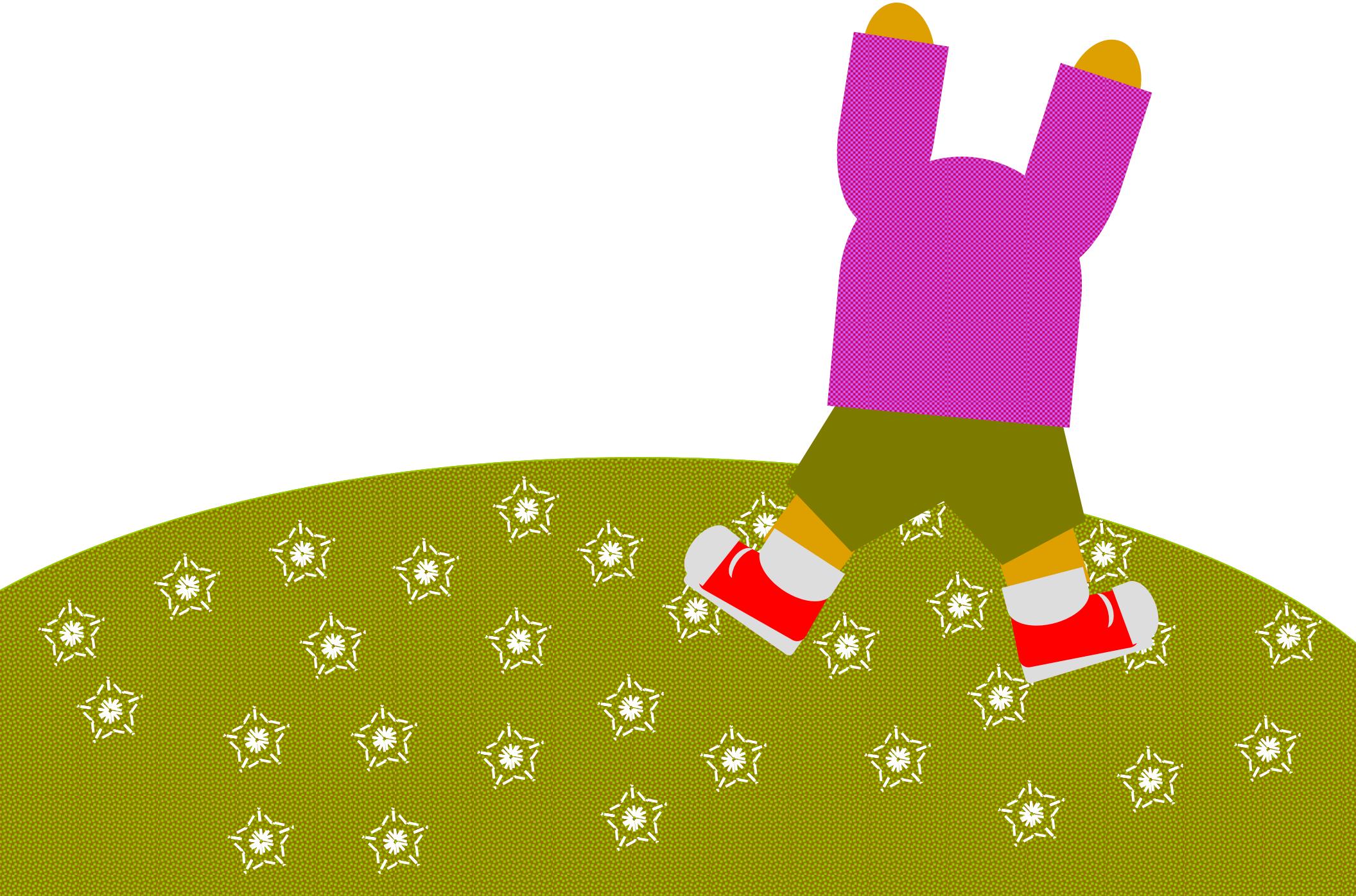
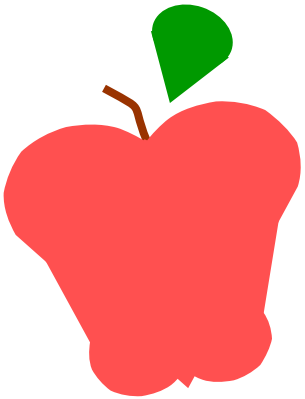
The Healthiest ME I Can Be!

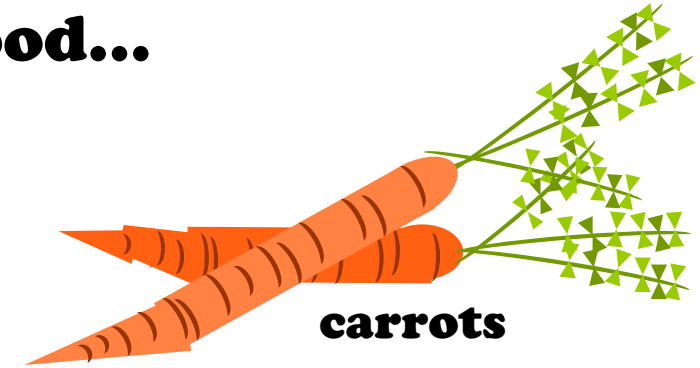
Healthy means I'm feeling good!
My body works just like it should.



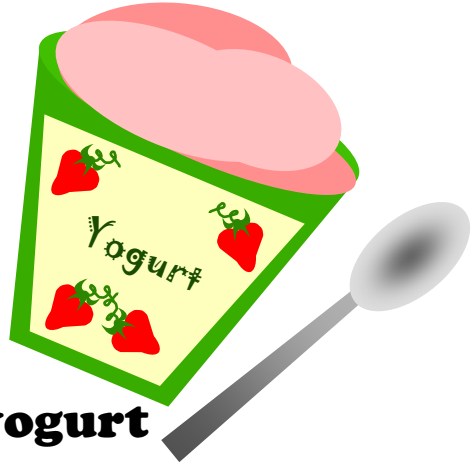
Every day I try my best
To eat good food...



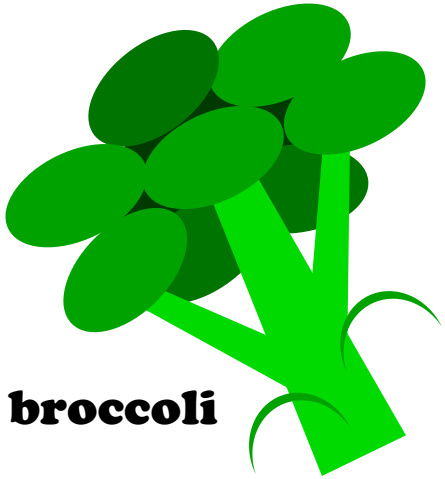
apple



carrots



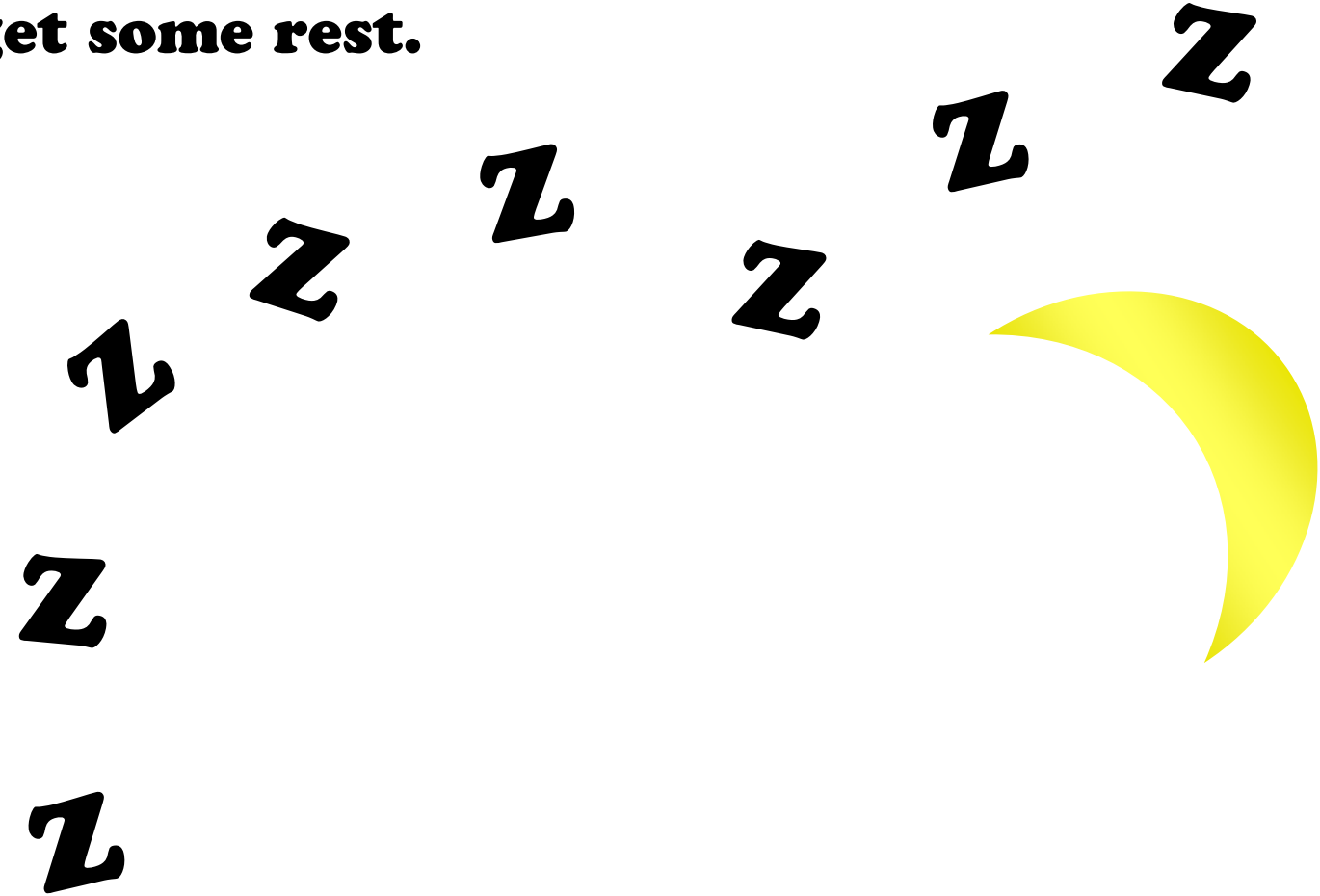
yogurt



broccoli

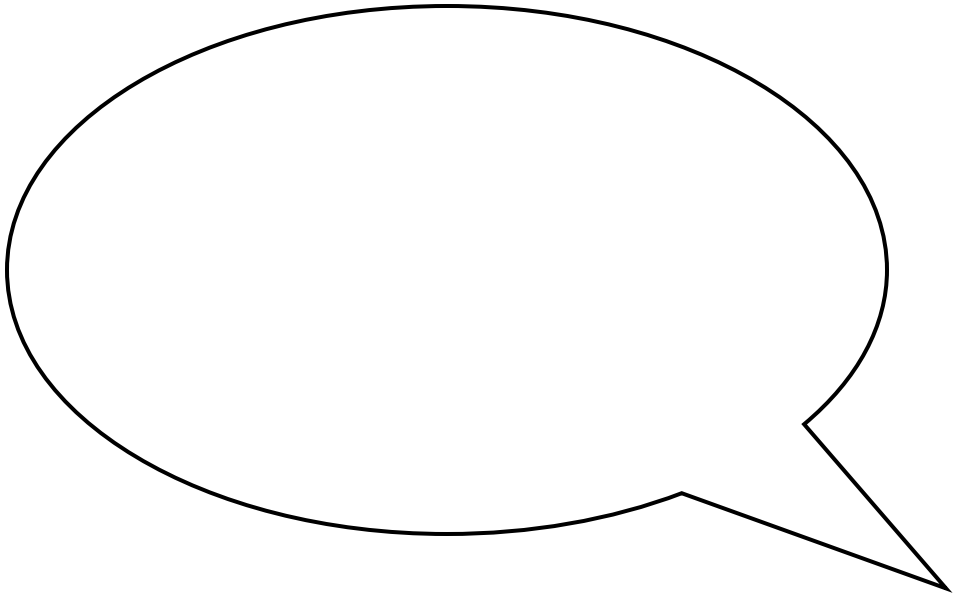
pear

... and get some rest.

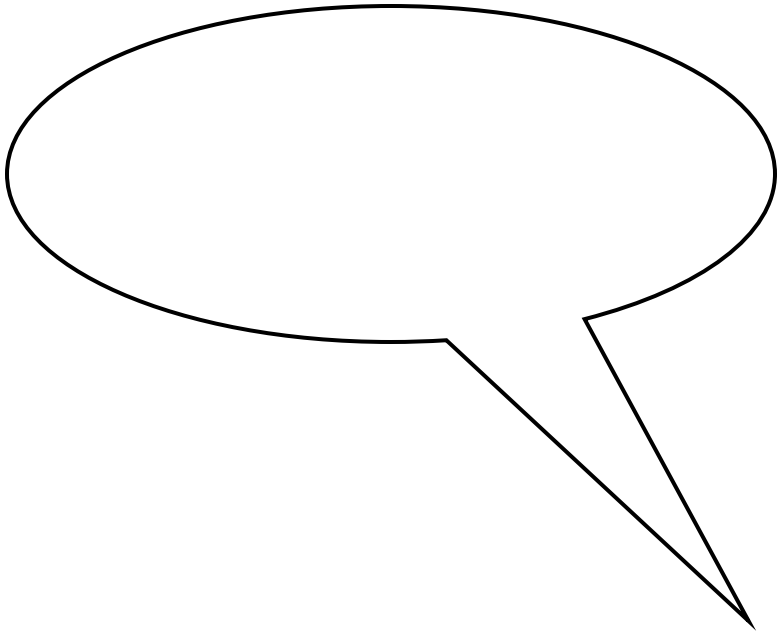


Learn
Sleep
Eat
Play

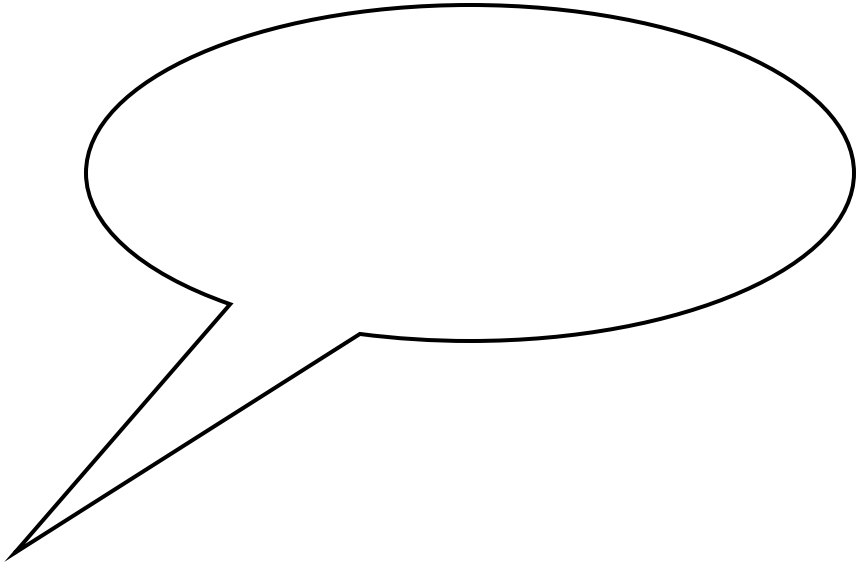
To learn the best I can, I will try to:



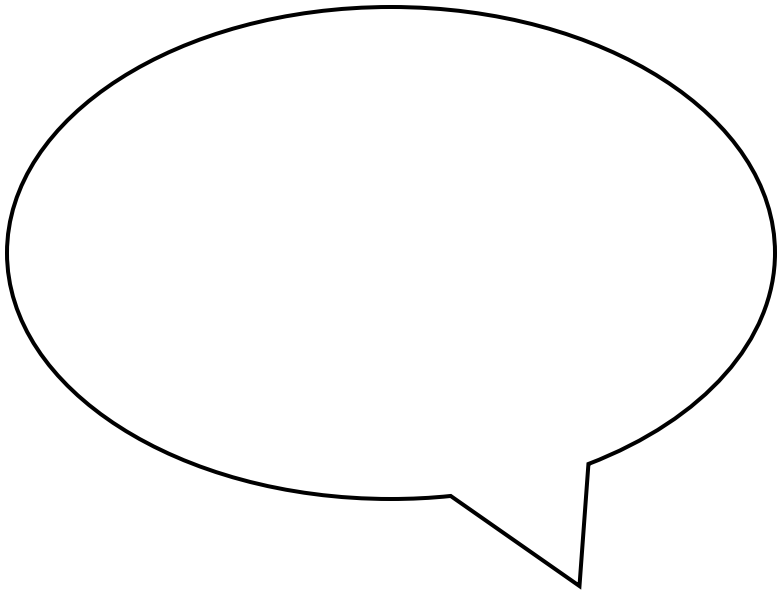
To sleep the best I can, I will try to:



To eat the best I can, I will try to:

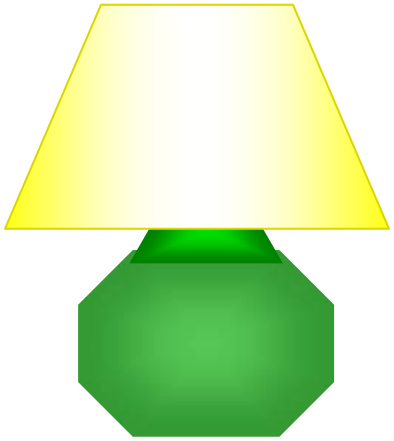


To play the best I can, I will try to:



listen carefully

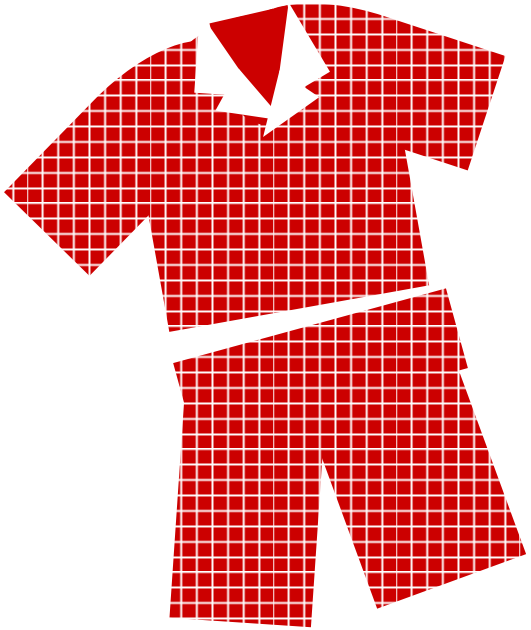
go to bed at the same time each night



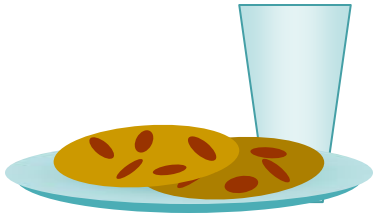
turn off all the lights

ask questions

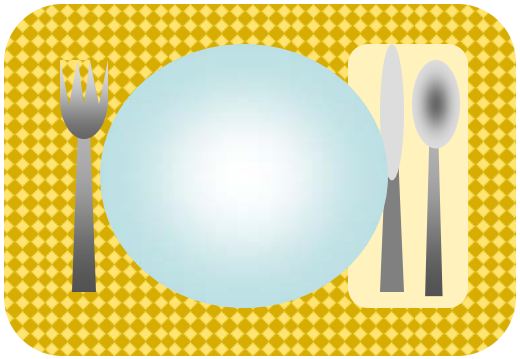
pay close attention and think hard



wear comfy jammies

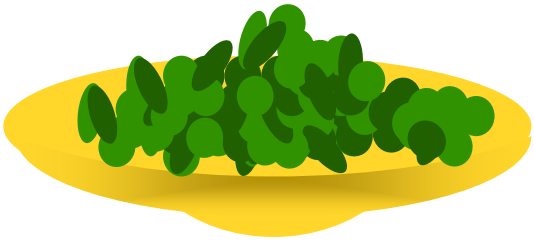


have a light bedtime snack

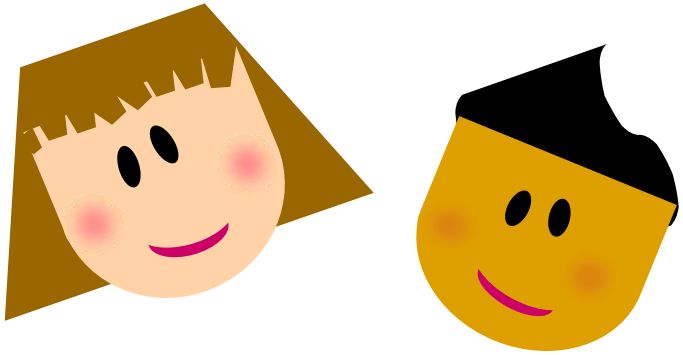


sit at the table for meals

choose healthy snacks

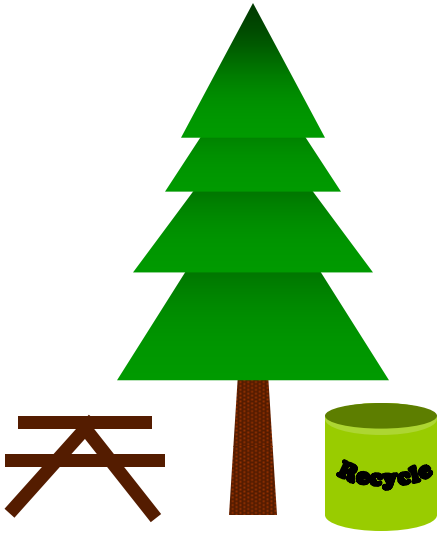


taste new foods

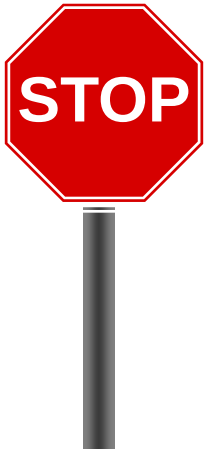


Stay with friends I know

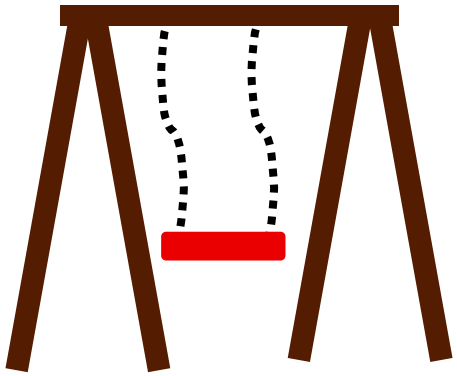
save dessert for last



Tell an adult where I am going



be aware of traffic



use equipment properly

Developed by the healthy folks at

The University of South Florida

Center for Autism and Related Disabilities

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