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

There’s time for each in every day!
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

pay close attention and think hard

ask questions

go to bed at the same time each night

wear comfy jammies

turn off all the lights

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

1-800-333-4530
(813) 974-2532

http://card-usf.fmhi.usf.edu