

Cub Scout Wolf Requirement 3a

Health Habits Chart

Name:	Week 1							Week 2						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Take a shower or bath daily														
Used hand soap														
Used shampoo														
Wash hands														
Before Breakfast														
Before morning snack														
Before Lunch														
Before afternoon snack														
Before dinner														
Before evening snack														
After going to the restroom														
After going to the restroom														
After going to the restroom														
After going to the restroom														
After going to the restroom														
Drink 6 - 8 glasses of water														
Glass 1														
Glass 2														
Glass 3														
Glass 4														
Glass 5														
Glass 6														
Glass 7														
Glass 8														
Run/Play Outdoors														
Total minutes per day														
Sunscreen needed														
Bugspray needed														
Hat needed														
Coat/gloves/boots needed														
Sleep hours per night														