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**Unleash your inner Explorer!** With determination, dedication, and a dash of Olympic spirit, there's no limit to what you can achieve. Let the games begin!


Color in each of the squares as you complete the action!

Write down one goal you want to achieve before the end of Summer.

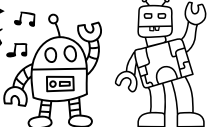
*you can do it!*




Eat one meal without distractions.



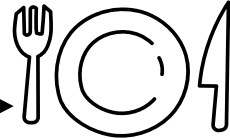
Dance like nobody's watching!




Stay refreshed with fruit infused water.




Family meal prep for healthy eating.



*Keep it up!*




Have a family wellness day!




Eat the rainbow by trying different colored foods!


*Wow! Look at you go!*




Get the whole family involved in being active.



Pay attention to the colors, smells, and tastes of your food as you eat.




Create a calming bedtime routine, such as reading a book or taking a warm bath.

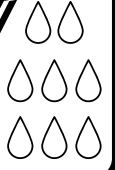



Spend 10 minutes doing a relaxing activity like...

- coloring
- reading
- listening to music



Drink plenty of water and stay hydrated.






Reflect and celebrate your achievements! Well done!

Write what you are proud of and what habits you plan to continue here...

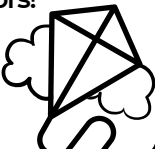
**Congratulations:**

You are now a Healthy Habit Explorer! Great job!


Spread kindness by doing something thoughtful for someone.



Have a screen free day and enjoy the outdoors!



Turn off electronic devices at least one hour before bedtime.



Reflect on your healthy habits!

*Well done!*

