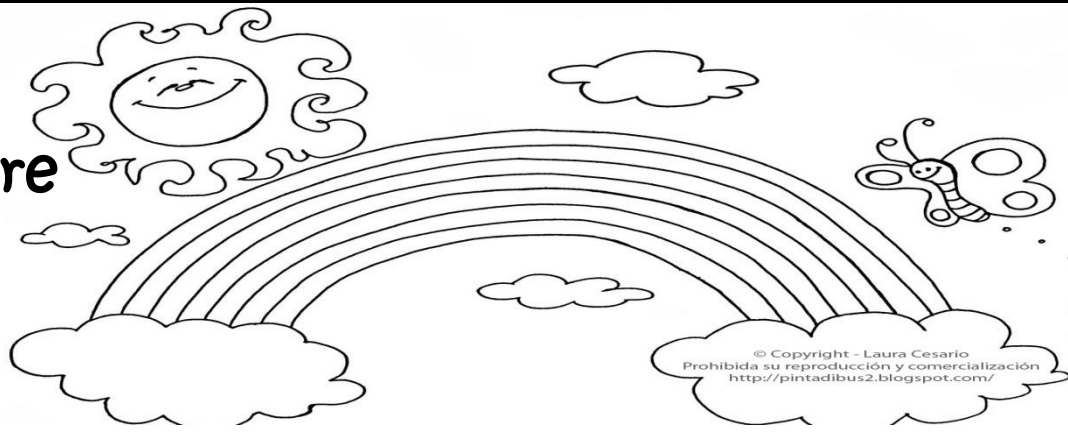






Name: _____

1. Take Care of Yourself



I Will	Sa	Su	M	Tu	W	TH	F	Total
Take a bath and get really clean! 								
Wash my hands before eating!								
Brush my teeth after eating!  (or chew gum)								
Eat a healthy food or snack! 								
Get a good night's sleep! 								

When I reach my goal of

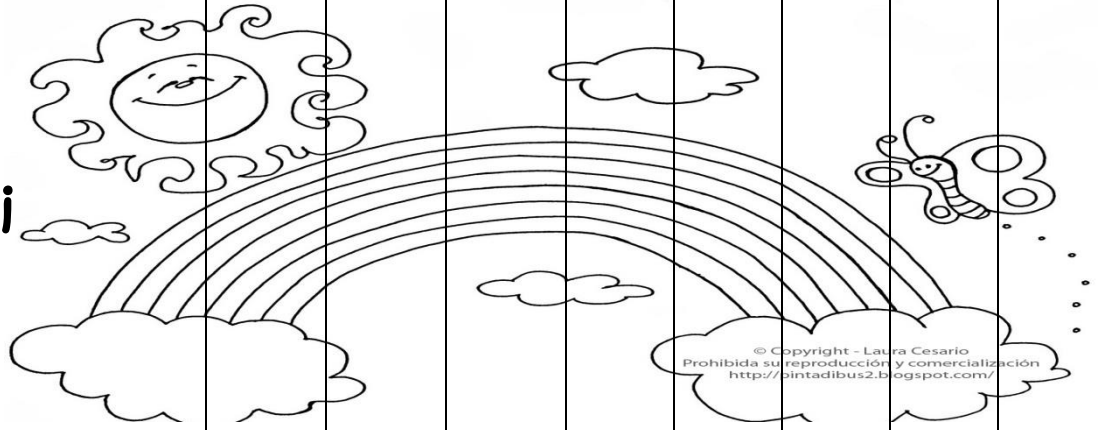


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I will receive: A Prize!!

Name: _____

1. Cuida de ti mism☺



I Will	Sa	D	L	Ma	Mi	J	V	Total
--------	----	---	---	----	----	---	---	-------

Manten tu cuerpo limpio!



Lavate las manos antes de ir a comer!



Cuida tus dientes! Lavalos después de cada comida (o mastica chicle)

Come comida saludable o snack!



Descansa bien!



Cuando alcanzo mi meta de _____

Recibiré: un premio!!

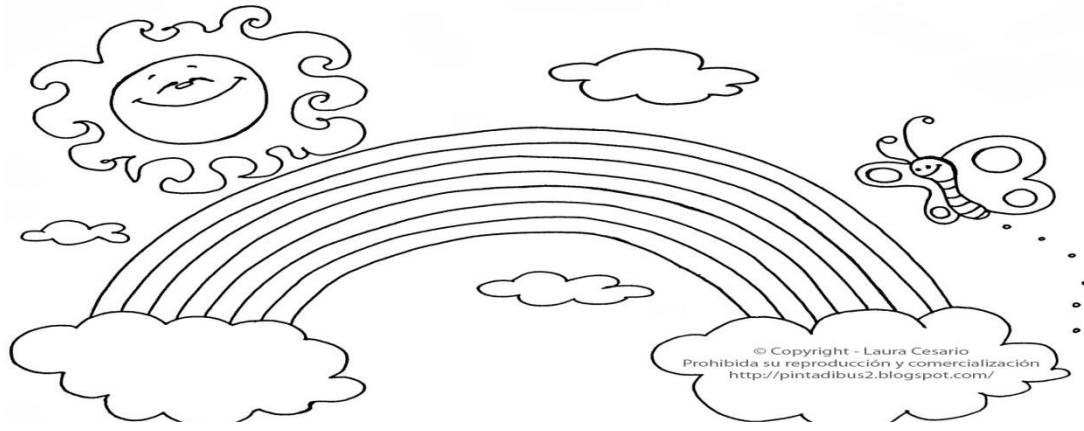






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Name: _____

2 Be Drug
Free!

¡Sé moderado!



I Will	Sa	Su	M	Tu	W	TH	F	Total
Do not take harmful drugs! 								
Wash my hands before eating!								
Brush my teeth after eating!  (or chew gum)								
Eat a healthy food or snack! 								
Get a good night's sleep! 								

When I reach my goal of



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I will receive: A Prize!!