

Sleep, Exercise and Hygiene Charts

Track Healthy Habits

Student Details

Name:

Class:

Date:

Teacher:



Sleep



Exercise



Hygiene

What children will practice: Building healthy habits by tracking sleep, exercise and hygiene each day.

How to use:

1. Look at the chart together each day.
2. Colour or tick the circle when the habit is done.
3. Talk about how you feel after sleeping, moving or washing.
4. Celebrate a full row of ticks at the end of the week.

Tips:

- Use stickers or colouring for extra motivation.
- These charts work well at home or in the classroom.
- Keep the focus positive and encouraging.

Charts included:

- Sleep chart
- Exercise chart
- Hygiene chart
- Combined weekly chart
- Extra practice charts

Sleep Chart

Colour the circle when you have a good night's sleep.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Went to bed on time	☐	☐	☐	☐	☐	☐	☐
Slept all night	☐	☐	☐	☐	☐	☐	☐
Woke up happy	☐	☐	☐	☐	☐	☐	☐

Exercise Chart

Colour the circle when you move your body.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Played outside	☐	☐	☐	☐	☐	☐	☐
Jumped or hopped	☐	☐	☐	☐	☐	☐	☐
Stretched or danced	☐	☐	☐	☐	☐	☐	☐

Hygiene Chart

Colour the circle when you take care of your body.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Washed hands	☐	☐	☐	☐	☐	☐	☐
Brushed teeth	☐	☐	☐	☐	☐	☐	☐
Had a bath or shower	☐	☐	☐	☐	☐	☐	☐

Weekly Habit Chart

Track all three habits this week.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Good sleep	☐	☐	☐	☐	☐	☐	☐
Moved my body	☐	☐	☐	☐	☐	☐	☐
Kept clean	☐	☐	☐	☐	☐	☐	☐

Extra Habit Charts

More charts for tracking healthy habits.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Drank water	☐	☐	☐	☐	☐	☐	☐
Ate fruit or vegetables	☐	☐	☐	☐	☐	☐	☐
Rested quietly	☐	☐	☐	☐	☐	☐	☐