Name_____

# Wolf Cub Scouts

## Achievement 3: Keep Your Body Healthy

**Mark your chart each time you do these things:**

| | Sun | Mon | Tues | Wed | Thur | Fri | Sat | Sun | Mon | Tues | Wed | Thur | Fri | Sat |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Bathe or shower often; use soap | | | | | | | | | | | | | | |
| Wash your hands | | | | | | | | | | | | | | |
| Brush your teeth | | | | | | | | | | | | | | |
| Drinklots of water | | | | | | | | | | | | | | |
| Run and play outdoors | | | | | | | | | | | | | | |
| Get the sleep you need | | | | | | | | | | | | | | |