

# Wolf Health Habit Chart (requirement 3a)

Scout Name \_\_\_\_\_

Activity		Week 1							Week 2						
		Friday	Saturday	Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wed.	Thursday
1	<b>Wash Hands</b>														
2	<b>Bath/Shower</b>														
3	<b>Brush Teeth</b>														
4	<b>Glasses of Water</b>														
5	<b>Minutes Outdoors</b>														
6	<b>Hours you sleep</b>														

Mark off the number of times you do each activity with a hash mark. Except 5 & 6, enter time for these items.