Healthy Habits for STAR Kids

10-2-1-0

Use this chart to keep track of how your child is doing on the STAR goals. When s/he meets a goal, have your child put a sticker in that box.

STAR Daily Goals

Week 1	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
10 hours of quality sleep a night								Sleep hours
No more than 2 hours of screen time								Hours
At least 1 hour of moderate to vigorous physical activity								Hours
0 sugary drinks								Sugary drinks

Week 2	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
10 hours of quality sleep a night								Hours
No more than 2 hours of screen time								Hours
At least 1 hour of moderate to vigorous physical activity								Hours
0 sugary drinks								Sugary drinks

Week 3	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
10 hours of quality sleep a night								Hours
No more than 2 hours of screen time								Hours
At least 1 hour of moderate to vigorous physical activity								Hours
0 sugary drinks								Sugary drinks

Week 4	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
10 hours of quality sleep a night								Hours
No more than 2 hours of screen time								Hours
At least 1 hour of moderate to vigorous physical activity								Hours
0 sugary drinks								Sugary drinks