

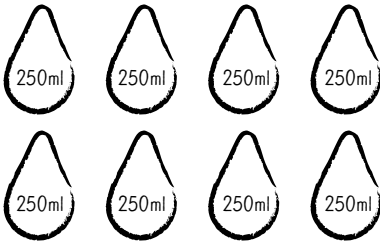
# BRILLIANT BASICS

Today is

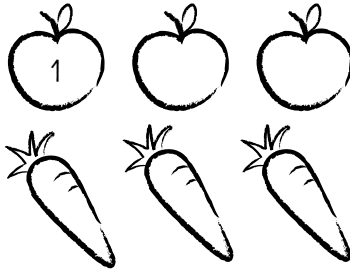
DAY/DATE

Colour in and keep track!

## WATER & JUICE TRACKER



## FRUIT & VEG TRACKER



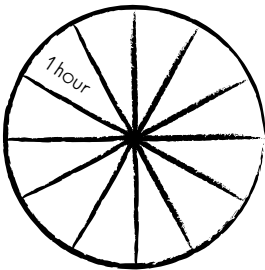
## EXERCISE TRACKER

each dot = 5 mins activity



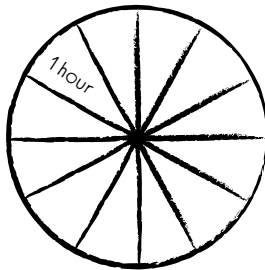
## SCREEN-TIME

(DEVICES & TV)



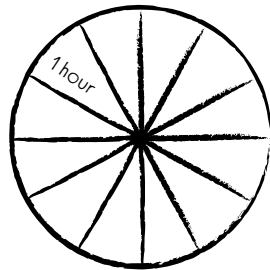
## SCHOOL TIME

(INC. HOMEWORK)



## TIME WITH

FAMILY & FRIENDS



TOP TIP

The more drops, fruit & veg and exercise dots you can colour in, the healthier you will be!