

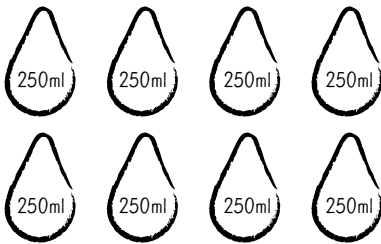
BRILLIANT BASICS

Today is

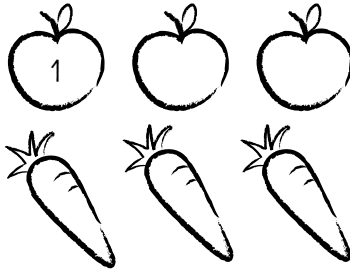
DAY/DATE

Colour in and keep track!

WATER & JUICE TRACKER



FRUIT & VEG TRACKER



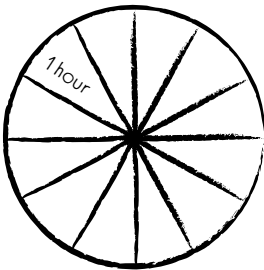
EXERCISE TRACKER

each dot = 5 mins activity



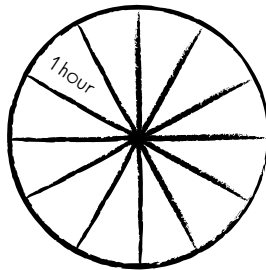
SCREEN-TIME

(DEVICES & TV)



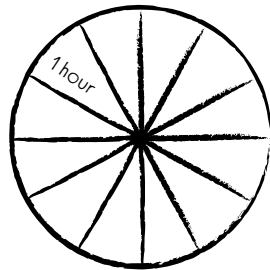
SCHOOL TIME

(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!