

# CHOOSE YOUR OWN ADVENTURE



## INSTRUCTIONS

*Begin at the start. Choose any Healthy Hero habits you want to complete to help get you to the finish.*

### START



### FINISH



HALF  
CAT AND  
CLAWDIA  
WANT YOU  
TO....

ADD VEGGIES TO ALL YOUR  
SNACKS AND MEALS

CHOOSE ONLY WATER TO DRINK

PLAY GAMES WITH YOUR  
FRIENDS

BE ACTIVE EVERY DAY

SPEND TIME SHARING WHAT  
YOU LIKED ABOUT YOUR DAY  
WITH FAMILY

HAVE A GOOD NIGHT'S  
SLEEP ZZZZZ

