



Name: _____

Doc's Daily Checklist!

So Much You Can Do To Take Care of YOU!

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
 Wash your hands							
 Brush your teeth							
 Get lots of rest							
 Move your body							
 Eat fruits and vegetables							
 Drink lots of water							
							
							



Make an appointment
for an all new check up!
Friday, September 26 at 9am/8c on

