




Name:



RCH NATIONAL
Child Health POLL

Tick the box each time you complete a healthy habit and don't forget to share on Instagram and Facebook, tag **#rchchallenge #rchpoll**

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Completed
EXERCISE Move and groove for 60 minutes								
EAT WELL Munch and crunch one piece of fruit and some veg								
BE SCREEN SMART Take regular breaks from screens								
STAY IN TOUCH Chat with family and friends every day								
GET ENOUGH SLEEP Go to bed on time								