



My Health Plan



NAME: _____

CLASS: _____

Hey kids,
are you ready
to get healthy
together?



Keep this
booklet in a
safe place and
show it to
your parents!



Note to parents:

This booklet contains
your child's health goals.
Do also review your
child's School Health
Assessment Summary
Report on HealthHub
one week after the
health screening.

'S HEALTH GOALS

WHICH ACTIVITIES DO YOU ENJOY? CIRCLE THE 2 YOU LIKE THE MOST!



FOOTBALL



DANCING



SCOOTERING



CYCLING



ROLLERBLADING



JUMPING JACKS



RUNNING/
PLAYING CATCH



BASKETBALL



PLAYGROUND



SWIMMING



SKIPPING



BADMINTON

WHAT ARE YOUR FAVOURITE FRUIT AND VEGETABLES?
CIRCLE 2 TYPES OF FRUIT AND 2 VEGETABLES YOU ENJOY THE MOST!



APPLES



ORANGES



BANANAS



PEARS



MANGOES



BERRIES



PAPAYA



GRAPES



WATERMELON



SPINACH



CABBAGE



BROCCOLI



LADY'S
FINGER



CARROTS



CAULIFLOWER



CAPSICUM



PEAS



LONG BEANS

DON'T WRITE HERE! THIS SECTION IS FOR OFFICIAL USE ONLY.

MY HEALTH GOALS ARE TO...



DO MY FAVOURITE
ACTIVITIES

2 EXTRA DAYS,
30 MINUTES EACH DAY

1 EXTRA DAY,
FOR 60 MINUTES

____ EXTRA DAYS,
____ MINUTES



CUT DOWN SWEET
DRINKS TO



DAY(S) PER WEEK



EAT FRUIT AND
VEGETABLES



DAY(S) PER WEEK

IF YOU ARE ALREADY ACHIEVING WHAT YOU SHOULD, THE NURSE WILL TICK HERE!



Keep eating fruit and vegetables
daily and limit sweet drinks!



Keep being active and
exercise for 1 hour daily!

Hello, little heroes!

I am Captain Happy!

Remember what you discussed and agreed to work on with the friendly doctor or nurse at your school health screening?

That's great! I am here to help you achieve those goals and stay active, eat well, reduce your screen use, and get enough sleep. This will help you stay strong, healthy, and happy — just like me!

Let's get started!



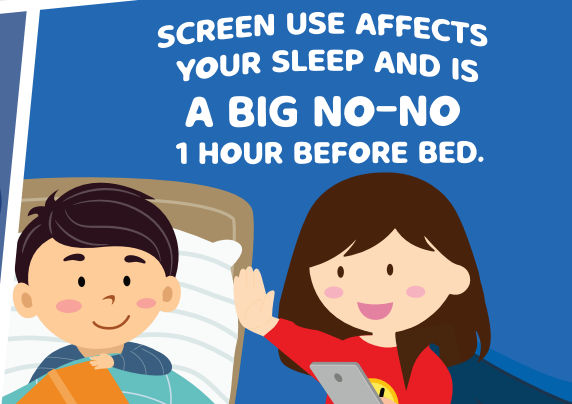
AMAZING ADVENTURES WITH CAPTAIN HAPPY



**STAY ACTIVE,
HEALTHY, AND
STRONG!**



**I HAVE 1 HOUR
BEFORE BEDTIME.
HMM, WHAT
SHOULD I DO?**



**SCREEN USE AFFECTS
YOUR SLEEP AND IS
A BIG NO-NO
1 HOUR BEFORE BED.**

**LIMIT SCREEN USE TO
LESS THAN 2 HOURS A DAY
UNLESS RELATED TO SCHOOLWORK**

KNOW WHAT WILL HELP YOU SLEEP BETTER? DO SOMETHING RELAXING, SUCH AS READING!



TO FEEL ENERGETIC AND FRESH THE NEXT DAY, MAKE SURE YOU GET AT LEAST 9 HOURS OF SLEEP!



THE NEXT DAY...



YAY! IT'S RECESS TIME!

WHAT ARE YOU EATING?

MY FAVOURITE SEAWEED CHICKEN!



WANT TO BE STRONG AND HEALTHY LIKE ME?





CHOOSE HEALTHY FOOD INSTEAD OF FRIED SNACKS!



EAT YUMMY FRUITS AND
GLOW
WITH GOOD HEALTH LIKE ME

HAVE 2 SERVINGS OF FRUIT AND 2 SERVINGS OF VEGETABLES EVERY DAY!



PLAIN WATER IS THE BEST!

AVOID SWEET DRINKS WITH ADDED SUGAR AS THEY ARE UNHEALTHY.



WHAT SHALL WE DO NEXT? WANT TO PLAY CATCHING?

I THINK I'LL TAKE A NAP IN THE LIBRARY...



**BE ACTIVE FOR AT LEAST
60 MINUTES
(MODERATE TO HIGH INTENSITY) DAILY!**

**KIDS, DO YOU WANT
TO JOIN ME ON AN
ADVENTURE?**



**BUT BEFORE WE DO
THAT, LET'S GO OVER
THE 4 KEY HABITS AGAIN!**



A SIMPLE WAY IS
TO REMEMBER
SNAP!




**NOW GET
READY TO
TAKE ON THE
ADVENTURE
WITH ME!**



JUMP-A-THON MISSIONS

Hop and jump your way to better health!
There are 5 missions for you to try each week.

Put a sticker  on each mission after you complete it!

These are the missions that you will be doing
over the next 4 weeks!



Jog on the spot



Jump on the spot



Jump side-to-side



Hop on each leg



Jump forward and back



Jumping Jacks



Hop side-to-side

Remember to complete your Health Goals every week!
Turn to page 1 to find them!

DON'T WRITE HERE! THIS SECTION IS FOR OFFICIAL USE ONLY.

MY HEALTH GOALS ARE TO...

<input type="checkbox"/> DO MY REGULARLY ACTIVITIES	2 EXTRA DAYS PER WEEK	3 EXTRA DAYS PER WEEK	4 EXTRA DAYS PER WEEK
<input type="checkbox"/> CUT DOWN SUGAR DRINKS TO	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> GET MORE AND REGULAR EXERCISE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

IF YOU ARE ALREADY ACHIEVING WHAT YOU SHOULD, THE NURSE WILL TICK HERE!

Keep getting help and support when you need it

Keep being active and exercising for your goals

Find your task in the lily pads under each week to get started!

WEEK 1

60 sec
Jog on
the spot

15 times
Jump on
the spot

15 times
Jump
side-to-side

15 times
Hop on
each leg

Complete my
weekly health
goals!

WEEK 2

60 sec
Jog on
the spot

20 times
Jump on
the spot

20 times
Jump
side-to-side

20 times
Hop on
each leg

Complete my
weekly health
goals!

WEEK 3

60 sec
Jog on
the spot

15 times
Jumping
jacks

15 times
Jump forward
and back

15 times
Hop
side-to-side

Complete my
weekly health
goals!

WEEK 4

60 sec
Jog on
the spot

20 times
Jumping
jacks

20 times
Jump forward
and back


20 times
Hop
side-to-side

Complete my
weekly health
goals!

Do carry out these activities safely at home! Ensure there is enough space, go at your own pace, and drink lots of water after!

Toss & Catch MISSIONS

Toss and catch your way to better health!
There are 5 missions for you to try each week.

Put a sticker  on each mission after you complete it!



These are the missions that you will be doing over the next 4 weeks!



Jog on the spot



Move a ball around your waist



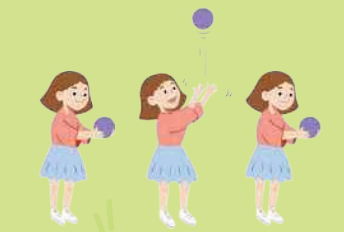
Move a ball around your knees



Move a ball around your head



Move a ball around your ankles



Toss and catch a ball



Bounce and catch a ball

Remember to complete your Health Goals every week!
Turn to page 1 to find them!

DAVID'S HEALTHY MISSION TRACKER IS FOR OFFICIAL USE ONLY.

MY HEALTH GOALS ARE TO...

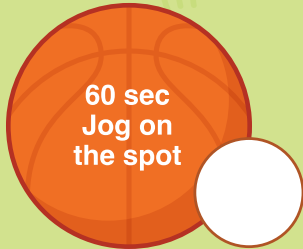
<input type="checkbox"/> DO MY FAVORITE ACTIVITIES	<input type="checkbox"/> 2 EXTRA DAYS, 30 MINUTES EACH DAY	<input type="checkbox"/> 1 EXTRA DAY, 100-60 MINUTES	<input type="checkbox"/> EXTRA DAYS, 15 MINUTES
<input type="checkbox"/> EAT HEALTHY SNACKS	<input type="checkbox"/> 2 DAYS PER WEEK	<input type="checkbox"/> 1 DAY PER WEEK	<input type="checkbox"/> 3 DAYS PER WEEK
<input type="checkbox"/> GET FRUIT AND VEGETABLES	<input type="checkbox"/> 2 DAYS PER WEEK	<input type="checkbox"/> 1 DAY PER WEEK	<input type="checkbox"/> 3 DAYS PER WEEK

IF YOU ARE ALREADY ACHIEVING WHAT YOU SHOULD, THE NUMBER WILL TICK HERE!

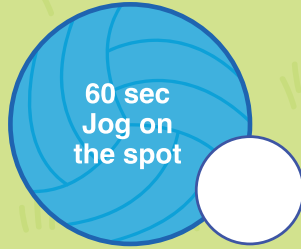
<input type="checkbox"/> Keep eating fruit and vegetables (apples and pears count great!)	<input type="checkbox"/> Keep being active and outside for 1 hour daily!
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Find your task in the balls under each week to get started!

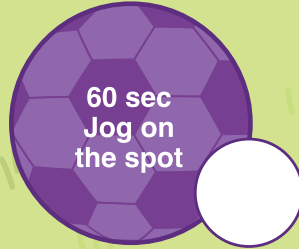
WEEK 1



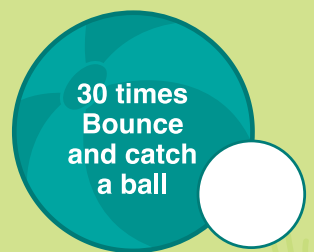
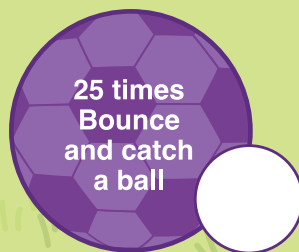
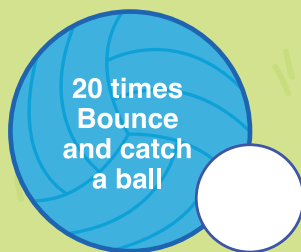
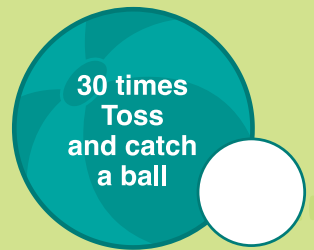
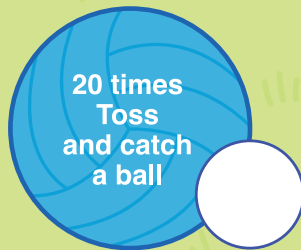
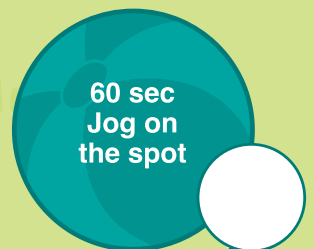
WEEK 2



WEEK 3



WEEK 4



Do carry out these activities safely at home! Ensure there is enough space, go at your own pace, and drink lots of water after!



CONGRATULATIONS

**YOU'VE COMPLETED THE ADVENTURE!
BUT IT DOESN'T STOP HERE!**



**NOW, COME WITH
ME AND SEE WHAT
A HEALTHY DAY
CAN LOOK LIKE
FOR YOU.**





Healthy habits start with me!

Here are some simple ideas for you to include healthy habits in your daily routine!

6.30 AM: Wakey-wakey!

Time to wake up, brush your teeth, get dressed, and have a hearty breakfast!

7.00 – 7.15 AM: Walk to school

Get your day going with some morning exercise so you feel more energised in school!

10.00 – 10.30 AM: Yay! Recess!



Choose a healthy snack and drink plain water. Take a break by playing catching or other fun games with your friends!

1.30 – 1.45 PM: Walk back home

Clock in those active hours!



2.00 – 2.30 PM: Lunch time

Remember, avoiding unnecessary screen use and using 'My Healthy Plate' can boost your brain power and help you complete your homework faster. This means more time for play!

3.30 – 4.30 PM: Do your homework

Remember to take short breaks to rest your eyes. Do some neck and leg stretches, or take a walk across the room in between study periods.

5.30 – 6:00 PM: Outdoor play

Have fun at the playground or play ball games with your friends!



7.00 – 7.30 PM: Dinner time

Have a balanced meal with vegetables and fruit. Practice mindful eating; do not use screens!

7.30 – 7.45 PM: Family walk

Walk around the neighbourhood with your family after dinner!



7.45 – 8.00 PM: Shower

Have a shower, change into your pyjamas and brush your teeth.



8.00 – 9.00 PM: Wind down and relax

Cosy up in bed with a book! Avoid watching TV or using smart devices now.



9.00 PM: Night-night!

Have at least 9 hours of sleep so you feel fresh the next day!





**I HOPE YOU ENJOYED
YOUR TIME WITH ME!**

**IT'S TIME FOR ME TO GO NOW BUT
REMEMBER WHAT
YOU'VE LEARNT!**



**KEEP UP WITH YOUR HEALTH
GOALS AND REMEMBER TO ALWAYS
SNAP!**

**UNTIL NEXT TIME!
SEE YOU SOON!**



FAQS for parents



Knowledge is power!
Show this page to your parents to
help them understand more about
your Health Plan.



What is the Child Health Plan?

Each year, HPB conducts health screenings in schools for primary school students. After health screening, you can view your child's Health Plan containing their screening results and health goals on HealthHub. To encourage them on their journey, your child has also been given this Health Plan booklet to remind them of their agreed goals.



What are health goals?

Health goals are personalised recommendations designed to help your child improve their current lifestyle. These goals are tailored based on your responses to your child's lifestyle questionnaire and our discussion with them during the school health screening.



How can I support my child?

You are your child's first influencer! You play an important role in shaping his or her health habits and choices.

- **Ensure your child attends follow-up medical appointments** if he or she receives any referral letters.
- **Make use of the resources in this booklet** to encourage your child to improve their lifestyle habits.
- **Be an active family today!** Download the Healthy 365 app and join the latest programmes and activities.
- **Take it slow and steady.** Start small to encourage your child. Take a break when you need to.

Learn more at:



“ Every small action adds up
to make a **big difference.** ”
You've got this!

**NOW THAT YOUR CHILD
HAS SET THEIR GOALS FOR**

**A HEALTHIER
LIFESTYLE**



**SUPPORT YOUR CHILD IN ACHIEVING THEM.
A HEALTHIER LIFE STARTS
AT HOME, TOGETHER!**



