



# My Health Plan



Name:

Class:



**DEAR PARENT,**

This booklet contains your child's **Health Goals** and provides tips to help them build healthier habits.

Remember to also review your child's **Health Plan** on HealthHub via the QR code below.



[go.gov.sg/hhub](https://go.gov.sg/hhub)

# GROW WELL TOGETHER



EXERCISE WELL

LEARN WELL

EAT WELL

SLEEP WELL

Did you know building strong relationships and **bonding well** with your family and friends can help support and reinforce healthy habits?

Show this booklet to your parents and **choose a few Health Buddies to join you as you build healthy habits and Grow Well together!**

# My Current Habits



My CCA is \_\_\_\_\_

Exercises I enjoy:

\_\_\_\_\_

Exercises I am doing now:

Activities  
e.g. Jog  
e.g. Swim

Duration  
e.g. 30 min  
e.g. 15 min


	MON	TUE	WED	THU	FRI	SAT	SUN
Activities							
Duration							

I eat or drink:

Number of days per week (0-7)

My favourites

Sweet Drinks 	Vegetables 	Fruits 
_____	_____	_____
_____	_____	_____

My screen use is... 

\_\_\_\_\_ hours a day  
(excluding school work)

I sleep 

\_\_\_\_\_ hours a day

# My Health Goals

For official use. DO NOT write anything below.



I will exercise regularly

I will exercise \_\_\_\_\_ days a week for \_\_\_\_\_ minutes each day

Types of exercises	Days I will exercise:						
	M	T	W	T	F	S	S
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I will continue to exercise at least 1 hour a day.

I will limit my screen use

I will reduce my screen use and be more active instead.

I will continue to limit my screen use to less than 2 hours a day.

I will improve my eating habits

Limit sweet drinks to \_\_\_\_\_

Eat \_\_\_\_\_ servings of vegetables \_\_\_\_\_ days / week

Eat \_\_\_\_\_ servings of fruits \_\_\_\_\_ days / week

I will cut down on:

\_\_\_\_\_ days / week

\_\_\_\_\_ days / week

## Remarks:



## CHOOSE YOUR HEALTH BUDDIES

Everything's more fun with a **Buddy!** Ask your friends and family to join you in your health journey, and cheer each other on as you reach your goals.



My Health Buddy:

My Health Buddy:

My Health Buddy:

## CHALLENGE YOUR HEALTH BUDDY TO:

1. Stick to Health Goals (on page 3) together
2. Complete Home Challenges (on page 6 and 7)
3. Create new buddy challenges to stay healthy

Here are some ideas to get you creating your own challenges every week, e.g.

- Sleep better by challenging your buddy to be in bed by 9pm every night for 1 week.
- Challenge your friend to bring a fruit to school for recess every day for 1 week.



# My Weekly Plan

Keep track of your goals with this weekly planner. Write down your Health Goals and activities, when you plan to do them and the Health Buddy that will join you!



### Challenge I plan to do

### Health Buddies

Mon

e.g. cycle for 30 minutes

e.g. Dad

Tue

e.g. leg power challenge on page 6

e.g. Bryan

Wed

e.g. share some fruits with someone

e.g. Angela

Thu















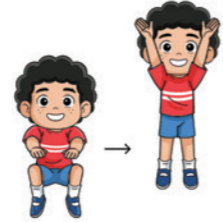

Fri

Sat

Sun

# Leg Power Challenge

Power through these exercises with your Health Buddy. Rest 5-10 seconds between sets. Go at your own pace, have enough space, and remember to hydrate.

WEEK 1	WEEK 2	WEEK 3	WEEK 4
<p>60 secs Jog on the spot</p> 	<p>60 secs Jog on the spot</p> 	<p>60 secs Jog on the spot</p> 	<p>60 secs Jog on the spot</p> 
<p>1 set 5 side plank walks to the left then right</p> 	<p>1 set 10 side plank walks to the left then right</p> 	<p>1 set 5 bear crawls forward</p> 	<p>1 set 10 bear crawls forward</p> 
<p>1 set 10 high knee lifts</p> 	<p>2 sets 10 high knee lifts</p> 	<p>2 sets 5 hops on each leg</p> 	<p>3 sets 5 hops on each leg</p> 
<p>1 set 2 square jumps (clockwise and anti-clockwise)</p> 	<p>1 set 3 square jumps (clockwise and anti-clockwise)</p> 	<p>2 sets 5 squats and 1 vertical jump</p> 	<p>4 sets 5 squats and 1 vertical jump</p> 

You did it!









Complete your health goals on page 3 to complete your weekly challenge!



# Ball Challenge

Take on this challenge with your Health Buddy. Rest 5-10 seconds between sets. Go at your own pace, have enough space, and remember to hydrate.

If you see a ^ try it with your non-writing hand!

WEEK 1	WEEK 2	WEEK 3	WEEK 4
<p>60 secs Jog on the spot</p> 	<p>60 secs Jog on the spot</p> 	<p>60 secs Jog on the spot</p> 	<p>60 secs Jog on the spot</p> 
<p>1 set 5 figure-8s around legs^ (go in 1 direction)</p> 	<p>2 sets 5 figure-8s around legs^ (go in 1 direction)</p> 	<p>2 sets 15 rounds around head while balancing on 1 leg</p> 	<p>2 sets 15 rounds around ankle while balancing on 1 leg</p> 
<p>1 set 5 tosses and catches with 1 hand^</p> 	<p>2 sets 5 tosses and catches with 1 hand^</p> 	<p>1 set 10 underarm rolls toward a target^</p> 	<p>1 set 15 underarm rolls toward a target^</p> 
<p>1 set 5 single-hand bounces while holding a 10-sec squat^</p> 	<p>2 sets 5 single-hand bounces while holding a 10-sec squat^</p> 	<p>3 sets Toss, clap twice and catch while balancing on 1 leg</p> 	<p>6 sets Toss, clap twice and catch while balancing on 1 leg</p> 

You did it!

Complete your health goals on page 3 to complete your weekly challenge!



# Be Inspired by our Health Heroes

## Sleeping 9 hours

helps me grow taller and improves my attention in class.

### HEALTH HERO TIP

Plan a good sleep routine with consistent sleep and wake times.

Before bed:



Shower & brush teeth



Avoid heavy meals



No screen use 1 hour before



## Limiting screen use

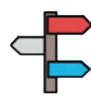
allows meaningful conversations and interactions.

### HEALTH HERO TIP

Make a screen use plan with your parents on page 11.



No screen use during meals



Plan screen-free alternatives



Protect ourselves online



Less than 2 hours a day

## Being active for 1 hour a day

improves my fitness, thinking and mental health.

Make simple lifestyle changes!

### HEALTH HERO TIP

Make small changes and seek new interests.



Exercise with friends and family



Explore different activities



Use the stairs instead of the lift



## Eating fruit and vegetables

and choosing water over sweet drinks gives me energy.

I eat 2 servings of both, and drink water every day.

### HEALTH HERO TIP

Make healthy foods choices.



Prepare and choose healthier foods with family



Use My Healthy Plate as a guide



Look for healthier choice options. Choose Nutri-Grade A or B drinks



## Purposeful Screen Use

While we're active in the real world, we should also be careful online.

Technology can be helpful if used right, but harmful if used too much or in the wrong way.



Gaming



Can be fun as we connect with people around the world!



We can lose track of time and come across things that are too violent.



Video calls / Online messaging



Helps us connect and talk to people far away!



Misunderstandings can happen if information gets lost in translation.



Online search



Lets us find solutions quickly!



Information can be overwhelming and inaccurate.



## HEALTH HERO TIP

### Get Started With This Screen Use Plan!

Discuss with your parents and tick what you will include.

#### Limits

##### Screen-free zones

- Kitchen / dining room
- My bedroom

##### Screen-free times

- During meals
- At least 1 hour before sleep

#### Alternatives

##### Instead of using screens, I will...

- Go outdoors
- Exercise
- Read
- Sleep
- Others: \_\_\_\_\_

#### Habits

##### While using screens, I will...

- Watch age-appropriate shows / videos
- Take eye breaks every 20 minutes
- Tell a trusted adult if I see something online that makes me feel uncomfortable / if I am bullied online

## Resilience is like a muscle that we can build

As we grow and learn to balance school, health, and our relationships – both online and offline – we may face different challenges. Some might feel easy, while others can be tough.

Each time we overcome a small challenge, we build our strength and resilience to face even bigger ones in the future.

### HEALTH HERO TIP

Ways to build resilience:



Cope with stress in healthy ways, e.g. exercise, eat well.



Find different ways to overcome challenges.



Think positively!  
Be determined and learn from setbacks.



Building our resilience takes time, but everyone can do it!  
Ask for help from a trusted adult at home or school if you need it.

# Coping with stress and challenges

Let's help Oscar manage his thoughts and feelings!

Meet Oscar. He's usually happy and full of energy!

But sometimes, he gets worried and stressed when things get too much to handle.



## HEALTH HERO TIP

Learn how to manage your thoughts.



### STOP

Deep breaths help you calm down.



### THINK

What different choices do you have? (Think about the pros, cons, and outcomes of each action.)



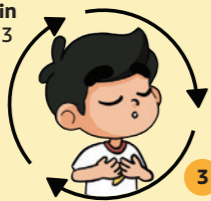
### DO

Choose the best action for you and others. (Ask an adult if you need help choosing!)

Need more help managing your feelings?

#### Breathe deeply

- 1 Breathe in  
Count to 3
- 2 Hold  
Count to 3
- 3 Breathe out  
Count to 3




#### Relax with a ball

- 1 Hold a soft ball that fits your palm
- 2 Squeeze the ball hard
- 3 Let go of the ball and relax



# For Parents

This booklet contains your child's Health Goals based on your responses to the Lifestyle Questionnaire and our chat with your child during the health screening.



### HOW CAN I SUPPORT MY CHILD?

You play an important role in shaping your child's health habits and choices.

- 1 Use the resources in this booklet to guide and help your child work towards healthier habits.
- 2 Ensure your child attends their medical appointments (if any).
- 3 Encourage your child with their goals.

## Give your child S.P.A.C.E to build resilience

<b>S</b> upport	<ul style="list-style-type: none"> <li>• Provide positive feedback</li> <li>• Be willing to listen</li> </ul>
<b>P</b> roblem-solve	<ul style="list-style-type: none"> <li>• Reflect on setbacks together</li> <li>• Guide your child to develop alternate plans</li> </ul>
<b>A</b> ffirm	<ul style="list-style-type: none"> <li>• Affirm strengths and efforts</li> <li>• Use effective praise</li> </ul>
<b>C</b> heer	<ul style="list-style-type: none"> <li>• Cheer on your child for every effort</li> <li>• Celebrate all successes (even small ones)</li> </ul>
<b>E</b> mpower	<ul style="list-style-type: none"> <li>• Let your child make decisions</li> <li>• Encourage your child to voice ideas and carry out plans</li> </ul>



Scan QR code to access more resources

[go.gov.sg/parenthub](http://go.gov.sg/parenthub)



# My Health Plan Journal

Check in with yourself after each challenge.  
How do you feel?



## Challenge I did

## How I feel after

e.g. cycle for 30 minutes

e.g. leg power challenge on page 6



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