

'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



SPINACH



CABBAGE



BROCCOLI



PEARS



MANGOES



BERRIES



LADY'S
FINGER



CARROTS



CAULIFLOWER



PAPAYA



GRAPES



WATERMELON



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!



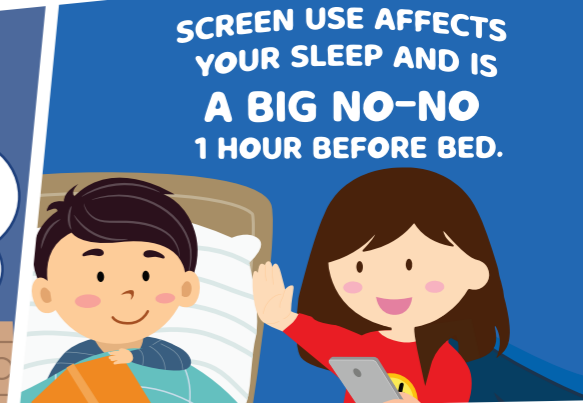
AMAZING ADVENTURES WITH CAPTAIN HAPPY



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





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!

DO NOT WRITE HERE! THIS SECTION IS FOR OFFICIAL USE ONLY.

MY HEALTH GOALS ARE TO...

DO NOT FORGET TO... • GET MOVING EVERY DAY	• CHALLENGE YOURSELF EACH DAY	• GET MOVING EVERY DAY	• GET MOVING EVERY DAY
• GET MOVING EVERY DAY	• GET MOVING EVERY DAY	• GET MOVING EVERY DAY	• GET MOVING EVERY DAY

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

• HAVE MET MY GOALS FOR THIS WEEK • HAVE MET MY GOALS FOR THIS WEEK • HAVE MET MY GOALS FOR THIS WEEK


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

WEEK 1	WEEK 2	WEEK 3	WEEK 4
60 sec Jog on the spot	60 sec Jog on the spot	60 sec Jog on the spot	60 sec Jog on the spot
15 times Jump on the spot	20 times Jump on the spot	15 times Jumping jacks	20 times Jumping jacks
15 times Jump side-to-side	20 times Jump side-to-side	15 times Jump forward and back	20 times Jump forward and back
15 times Hop on each leg	20 times Hop on each leg	15 times Hop side-to-side	20 times Hop side-to-side
Complete my weekly health goals!	Complete my weekly health goals!	Complete my weekly health goals!	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!

DO NOT WRITE HERE! THIS SECTION IS FOR OFFICIAL USE ONLY.

MY HEALTH GOALS ARE TO...

100 MET MINUTES PER WEEK
 150 MET MINUTES PER WEEK
 200 MET MINUTES PER WEEK
 250 MET MINUTES PER WEEK
 300 MET MINUTES PER WEEK

150 MET MINUTES PER WEEK
 200 MET MINUTES PER WEEK
 250 MET MINUTES PER WEEK
 300 MET MINUTES PER WEEK

100 MET MINUTES PER WEEK
 150 MET MINUTES PER WEEK
 200 MET MINUTES PER WEEK
 250 MET MINUTES PER WEEK
 300 MET MINUTES PER WEEK

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

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

WEEK 1	WEEK 2	WEEK 3	WEEK 4
60 sec Jog on the spot	60 sec Jog on the spot	60 sec Jog on the spot	60 sec Jog on the spot
15 times Move a ball around your waist	15 times Move a ball around your knees	15 times Move a ball around your head	15 times Move a ball around your ankles
15 times Toss and catch a ball	20 times Toss and catch a ball	25 times Toss and catch a ball	30 times Toss and catch a ball
15 times Bounce and catch a ball	20 times Bounce and catch a ball	25 times Bounce and catch a ball	30 times Bounce and catch a ball
Complete my weekly health goals!	Complete my weekly health goals!	Complete my weekly health goals!	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!

CONGRATULATIONS

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

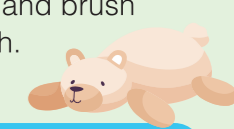


NOW, COME WITH ME AND SEE WHAT A HEALTHY DAY CAN LOOK LIKE FOR YOU.



Healthy habits start with me!

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



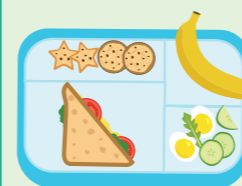
6.30 AM: Wakey-wakey!

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!



FAQS for parents

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



Q 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.

Q 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.

“ Every small action adds up
to make a **big difference.**

* You've got this! ”

Q 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:



**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!**

