

you've
got
this!

My Health Plan

NO SCREEN
ZONE!



NAME: _____

CLASS: _____

Hey kids,
are you ready to get healthy together?

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



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

'S HEALTH GOALS

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



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



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

MY HEALTH GOALS ARE TO...

DO MY FAVOURITE ACTIVITIES _____ DAYS _____ MINUTES EACH DAY

LIMIT SWEET DRINKS TO _____

EAT _____ SERVINGS OF FRUITS _____ DAYS / WEEK

EAT _____ SERVINGS OF VEGETABLES _____ DAYS / 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 1 hour daily!

Hello, little heroes!

I am Captain Happy!
I'm here to help you achieve the Health Goals
you set with the doctor or nurse at your
school health screening.

Join me on my adventures in Happyland and
find out how to stay active, eat well, reduce
screen use, and get enough sleep.

You can stay strong, healthy, and happy —
just like me. Ready? Let's get started!



CAPTAIN HAPPY'S ADVENTURES IN HAPPYLAND



8 PM IN HAPPYLAND

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.





Be active for at least **1 HOUR DAILY** (moderate to high intensity).



A simple way to remember is **SNAP!**



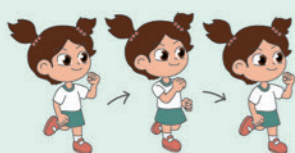
YOU'RE ALL SET! Flip the page and let our adventure begin!

JUMP-A-THON MISSIONS

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

Place a sticker  on each mission after you complete it!

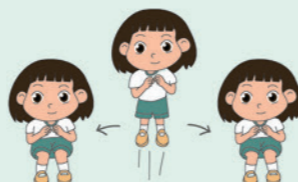
These are the missions that you will be doing over the next 4 weeks!



Jog on the spot



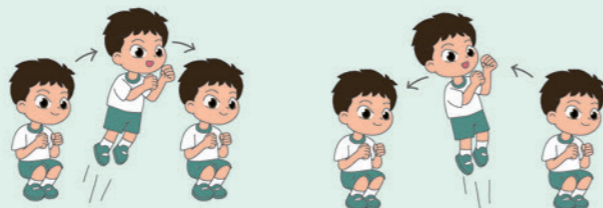
Jump on the spot



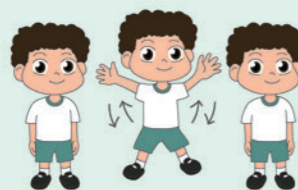
Jump side-to-side



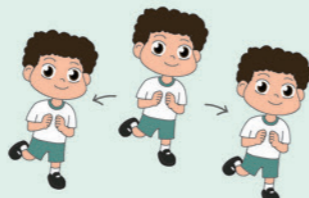
Hop on each leg



Jump forward and back



Jumping jacks



Hop side-to-side



Do the missions as many times as you can. Remember to pause for a short 10-second break before hopping back in!

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 Jumps on the spot	20 Jumps on the spot	15 Jumping jacks	20 Jumping jacks
15 Jumps side-to-side	20 Jumps side-to-side	15 Jumps forward and back	20 Jumps forward and back
15 Hops on each leg	20 Hops on each leg	15 Hops side-to-side	20 Hops side-to-side
Complete your weekly Health Goals!	Complete your weekly Health Goals!	Complete your weekly Health Goals!	Complete your weekly Health Goals!

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




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

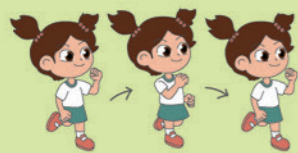
Toss & Catch Missions



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

Place a sticker  on each mission after you complete it!

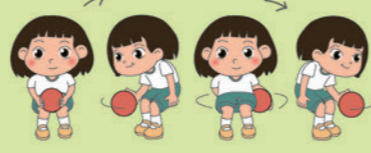
These are the missions that you will be doing over the next 4 weeks!



Jog on the spot



Move a ball around your waist



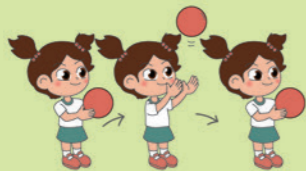
Move a ball around your knees



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 the missions as many times as you can. Remember to pause for a short 10-second break before tossing again!

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 Rounds around your waist	15 Rounds around your knees	15 Rounds around your head	15 Rounds around your ankles
15 Tosses and catches	20 Tosses and catches	25 Tosses and catches	30 Tosses and catches
15 Bounces and catches	20 Bounces and catches	25 Bounces and catches	30 Bounces and catches
Complete your weekly Health Goals!	Complete your weekly Health Goals!	Complete your weekly Health Goals!	Complete your 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!

YOU DID IT!

KEEP UP THE GOOD WORK!

FINISH



Check out the next page to 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 tag 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 - 6.15 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 fruit and vegetables. Practise 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'VE ENJOYED THE ADVENTURE.

Keep up with your Health Goals
and remember to

SNAP!

Until next time.



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 Health Plan?

Each year, HPB conducts health screenings in schools for primary school students. After the 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.

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 Healthy 365, add your child's profile, and join the latest fun and free activities near you!
- **Take it slow and steady.** Start small to encourage your child. Take a break when you need to.

Learn more at:



go.gov.sg/parenthub

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

Hey parents, your child has set their Health Goals. Support them and be their hero!



**Help your child to achieve their goals.
A healthier lifestyle starts at home, together!**



An initiative of

