



Celebrate Your S.H.I.N.E.!



S.H.I.N.E.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STOP Did you take a break today? How many hours of sleep?							
Help Did you help someone? Did you ask for help?							
"I" Control Myself Did you make a thought or action better?							
Nutrients Did you eat different colored veggies?							
Environment Did you surround yourself with people, places and things you like?							