

# 8 LAWS FOR LIFE Kids



WEEKLY CHECKLIST

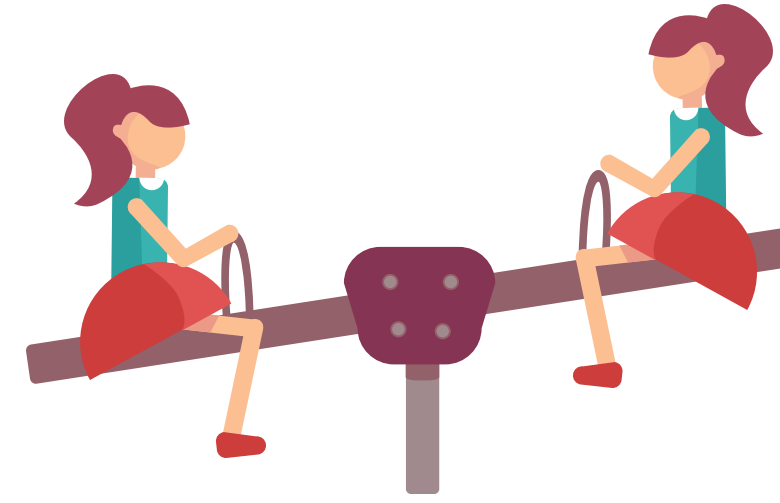
Date: \_\_\_/\_\_\_/\_\_\_

## Nutrition

No more than 3 meals per day

S M T W T F S

Meals 2-3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruits 2-3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Veggies 4-6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



## Outside Play

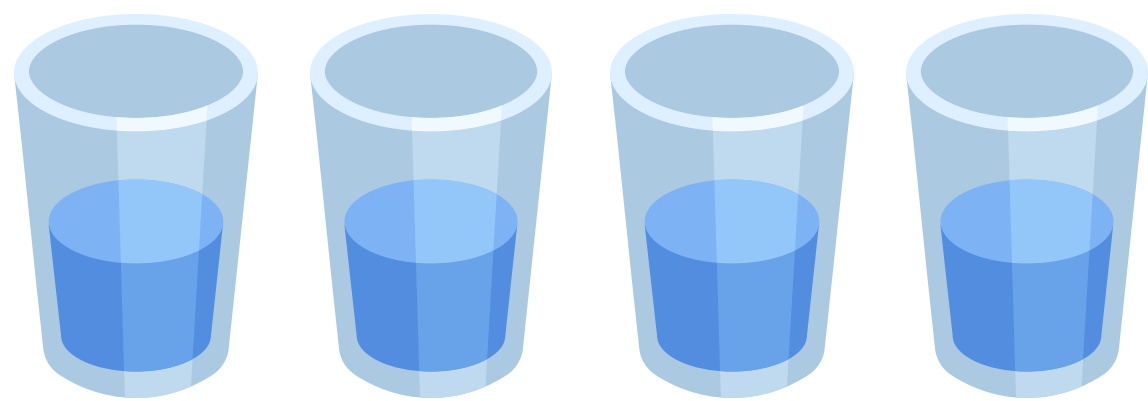
30 minutes per day

S M T W T F S

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## Water

8 cups or more



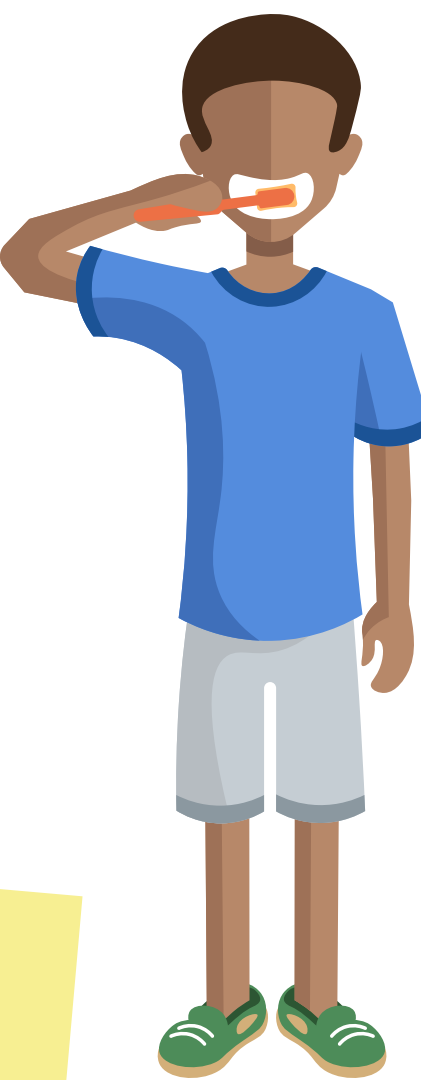
S M T W T F S

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## Chores Completed?

S M T W T F S

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**Chores List**

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## Temperance

Self-control

S M T W T F S

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



No Snacking

Did I give God control of my anger?

## Trust in God

Did you pray today?

Did you ask Jesus to be your best friend?

Did you obey your mom and dad?



## Rest

S M T W T F S

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Bed time no later than 9 pm

9 or more hours of sleep

## Reflection Questions

How did you feel today?



What would you change about today?

Remember: "Try to do right. Be kind, be patient, and loving. The Lord loves little children and when they try to do right, He is pleased with them." ~ E.G. White

