

When I look after my body, my body looks after me
and we are both happy as can be!

Mickle and Muckle's 7-day challenge

Mickle and Muckle have really helped us to see how amazing and miraculous our bodies are. Now it's up to you to make WOW choices so you can feel healthy and happy.

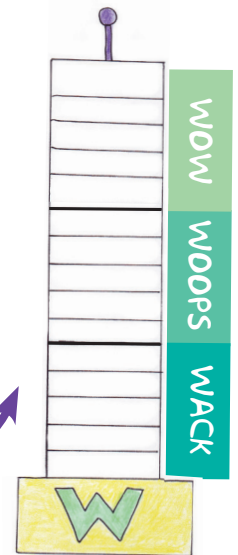
Take part in Mickle and Muckle's 7-day challenge to see how much you have learnt and how much your wow-factor has improved.



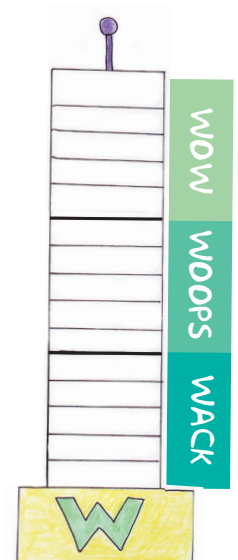
How to complete the challenge:

1. Keep a record of your choices for 1 week.
2. At the end of each day tick off each statement that is true or make a cross if it didn't happen.
3. At the end of the week look at how many ticks and crosses you have.
 - a. Mostly ticks = WOW
 - b. Equal ticks and crosses = WOOPS
 - c. Mostly crosses = WACK

Colour in what you think your wow-factor reading is right now.



Record your choices for the week.	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
I brushed my teeth and my hair.							
I put on sunblock.							
I ate three healthy well-balanced meals.							
I drank plenty of water.							
I played/did sport outside and got some fresh air.							
I got time to relax.							
I got 9 hours sleep.							
I felt positive and happy.							



Colour in your wow-factor reading after completing Mickle and Muckles 7-day challenge.

How do you feel? _____