

# The Super Hero Oath

Put a check mark in the frogs foot for each healthy habit that you promise to keep.



**I promise** to wash my hands after I potty, before I eat, and any time my hands are dirty!



**I promise** to scrub my hair before school, when it gets sticky, and whenever Mom or Dad asks me to!



**I promise** to clean my body after I have fun outside, before special events, and whenever Mom or Dad asks me to!



**I promise** to use MY Super Powers to keep myself Fresh, Bright, & Clean!

Sign Here \_\_\_\_\_

Did I keep my promise every day this week?

MON

TUE

WED

THU

FRI

SAT

SUN