

# 南美-健康體位

# 魔法集點卡

● 老師或家長認證

● 用電腦不超過一小時

● 睡滿8小時

● 看電視不超過一小時

● 運動超過30分鐘

● 喝水超過1200cc

● 沒吃宵夜

● 沒吃零食

● 沒喝含糖飲料

● 中午蔬菜吃光

● 吃早餐

( 11 ) 月

1	●	●	●	●	●	○	●	○	●	●	盧佳嘉
2	●	●	●	●	●	●	●	●	●	●	
3	●	●	●	●	●	○	●	●	●	●	
4	●	●	●	●	●	●	●	○	●	●	
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6	●	●	●	●	●	●	●	●	●	●	
7	●	●	●	●	●	○	●	●	○	●	
8	●	●	●	●	●	●	●	○	●	●	
9	●	●	●	●	●	●	●	●	●	●	
10	●	●	●	●	○	●	●	○	●	●	
11	●	●	●	●	●	●	●	●	●	●	
12	●	●	●	●	●	○	●	●	●	●	
13	●	●	●	●	●	●	●	●	○	●	
14	●	●	●	●	●	●	●	●	●	○	
15	●	●	●	●	●	●	●	○	●	●	
16	●	●	●	●	●	●	●	●	●	●	
17	●	●	●	●	○	●	●	●	●	●	
18	●	●	●	●	●	●	●	●	●	●	
19	●	●	●	●	●	●	●	●	●	●	
20	●	●	●	●	●	○	●	●	●	○	
21	●	●	●	●	●	●	●	●	●	●	
22	●	●	●	●	●	●	●	●	●	●	
23	●	●	●	●	●	○	●	●	●	○	
24	●	●	●	●	●	●	●	●	●	●	
25	●	●	●	●	●	●	●	●	●	○	
26	●	●	●	●	●	●	●	●	●	●	
27	●	●	●	●	●	●	○	●	●	●	
28	●	●	●	●	●	●	●	●	●	●	
29	●	●	●	●	●	●	●	●	●	●	
30	●	●	●	●	●	●	●	●	●	●	
31	○	○	○	○	○	○	○	○	○	○	

※有做到請將○塗黑。

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※填寫正確完整者，可以參加抽獎喔！請加油！

6 年 1 班 16 號 姓名：徐琬婷