



The Healthy Educator's Checklist

Use this checklist periodically throughout the year to assess your health habits and behaviors.

- I plan and prepare healthy meals (vegetables, fruits, whole grains, etc.).
- I bring a healthy lunch or purchase healthy food choices in the school cafeteria.
- I eat good fats (canola, olive oil, etc).
- I limit my intake of saturated and trans fat.
- I try to set good nutrition examples for my students.
- I encourage parents to provide healthy snacks and food for class parties.
- I drink plenty of water throughout the day.
- I don't drink soft drinks on a regular basis.
- I don't eat a lot of fast food.
- I limit my consumption of sweets.
- I participate in physical activities with my class during recess.
- I believe recess is good for my students and me.
- I wear comfortable clothes and shoes so I can be physically active with my students.
- I stretch and allow my students to stretch throughout the day.
- I encourage my students to drink water throughout the day and give adequate restroom breaks.
- I exercise most days of the week.
- I read health articles on a regular basis.
- I share health facts with my class.
- I have my cholesterol, blood pressure, and blood glucose levels checked every year.
- I believe in preventive medicine.
- I strive to maintain a healthy weight.
- I support other teachers that are trying to lose weight or improve their health.
- I share healthy recipes with other teachers.
- I support staff wellness initiatives.
- I encourage my administrator to make student and staff wellness a priority.
- I wash my hands frequently throughout the day.
- I encourage students to wash their hands throughout the day.
- I get 7-8 hours of sleep each night.
- I am a health advocate and try to be a good role model.
- I believe health should be a part of the school curriculum.
- I make efforts to teach health to my students.
- I plan opportunities for parents to be involved in health and physical education lessons.
- I ask the school nurse and counselor to support classroom health objectives.
- I invite school food service personnel to support classroom nutrition objectives.
- I seek community resources and guest speakers to enhance our health curriculum.
- I observe my students and relate any health concerns to my administrator and the school nurse.