



with Timon and Pumbaa:
SAFETY SMART
Healthy & Fit!

Name: _____

TIMON AND PUMBAA'S SAFETY SMART® CHECKLIST

What have you learned about being Safety Smart® about health and fitness?
Check the rules that you will follow at school, home and at play.
Complete this checklist to get your certificate!

Do I make sure that I...?	YES
Cover my mouth and nose when I sneeze?	
Wash my hands after sneezing?	
Wash my hands after using the bathroom?	
Wash my hands before preparing food and eating?	
Wash my hands with warm water and soap?	
Wash my hands for 20 seconds?	
Eat a variety of foods?	
Eat fruits, vegetables, and whole grains?	
Get one hour of physical activity each day?	
Get enough sleep?	
Brush and floss my teeth?	