垂楊國小健康生活紀錄表 110.07.03～110.08.29 ( )年( )班 座號( ) 姓名( )

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| 日期 | 白開水喝1500cc以上 | 晚上10點前上床睡覺 | 睡滿八小時 | 沒有喝含糖飲料 | 蔬菜吃一碗半的量,水果吃2個拳頭量 | 看電視玩電腦玩手機少於2小時 | 運動60分鐘以上 | 戶外活動 30分鐘以上 | 3010,看書保持35-40公分距離 | 潔牙3次以上 | 家長認證 | 每項都做到，此欄打勾 |
| 7/3 |  |  |  |  |  |  |  |  |  |  |  |  |
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| 7/30 |  |  |  |  |  |  |  |  |  |  |  |  |
| 7/31 |  |  |  |  |  |  |  |  |  |  |  |  |
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| 8/2 |  |  |  |  |  |  |  |  |  |  |  |  |
| 8/3 |  |  |  |  |  |  |  |  |  |  |  |  |
| 日期 | 白開水喝1500cc以上 | 晚上10點前上床睡覺 | 睡滿八小時 | 沒有喝含糖飲料 | 蔬菜吃一碗半的量,水果吃2個拳頭量 | 看電視玩電腦玩手機少於2小時 | 運動30分鐘以上 | 戶外活動 30分鐘以上 | 3010,看書保持35-40公分距離 | 潔牙3次以上 | 家長認證 | 每項都做到，此欄打勾 |
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| 8/29 |  |  |  |  |  |  |  |  |  |  |  |  |

註：➀做到的項目請打✓

➁1500cc即「600cc保特瓶的量」兩瓶半。

➂戶外活動指在太陽下的活動，走路、運動都算。(當天若為雨天，請註明”雨天”，則此格不列入計算。)(若因疫情關係無法外出，則在陽台、頂樓或前後院曬太陽10~15分鐘也算，注意不要曬傷了)

➃3010：用眼30分鐘，休息10分鐘

➄獎勵方式：「每項都做到」打✓超過35天者得抽獎券一張，9月學生朝會上公開抽獎。