

▶▶▶ **HAND WASHING HOW-TO** ▶▶▶

1 WET HANDS

2 ADD SOAP

3 SCRUB

4 RINSE

5 DRY & DONE!

Keep Track of How Many Times You Washed Your Hands Today Below!

<input type="checkbox"/> Before Breakfast	<input type="checkbox"/> _____
<input type="checkbox"/> Before Lunch	<input type="checkbox"/> _____
<input type="checkbox"/> Before Dinner	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Mail your completed activity to KidsFit at 5820 Westown Parkway,
West Des Moines, IA 50266 or email to KidsFit@hy-vee.com for a prize!

JOINTHECLUB

Sign up today at Hy-VeeKidsFit.com