

Date Range

6/29/2026 - 6/27/2027

AS LOW AS  
\$3.06

Grades 6-12



8.5" x 11"

# My Healthy Year

The **MY HEALTHY YEAR** datebook helps middle and high school students stay organized with schoolwork and encourages students to track the healthy choices they make every day, week, and month. Not only is My Healthy Year designed to encourage students to make good health choices at school, at home, and in their communities, it's the perfect tool to help them build healthy habits each month.

## WEEKLY FEATURES INCLUDE:

Vertical Layout • Monthly Overview Calendars • Weekly Goals • Daily Activity Tracker • Water Intake Tracker • Food Tracker • Reflection Questions • Daily Hall Passes • Healthy Facts • Subject Headings

144 Full-Color Pages

24 Monthly Pages

104 Weekly Pages

1 Hall Pass Page

13 Reference Pages Included

Encourages healthy decision-making through daily health-related activities



GET A  
BETTER LOOK!

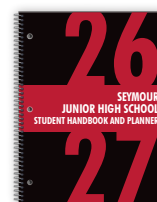
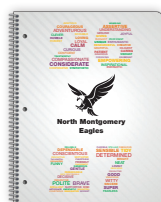
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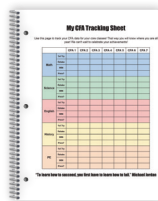
OUTSIDE BACK

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Keep important policies, procedures, and contact information front and center by binding your handbook right into your datebook.



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- Pocket Pages
- Cardstock Hall Pass Pages



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