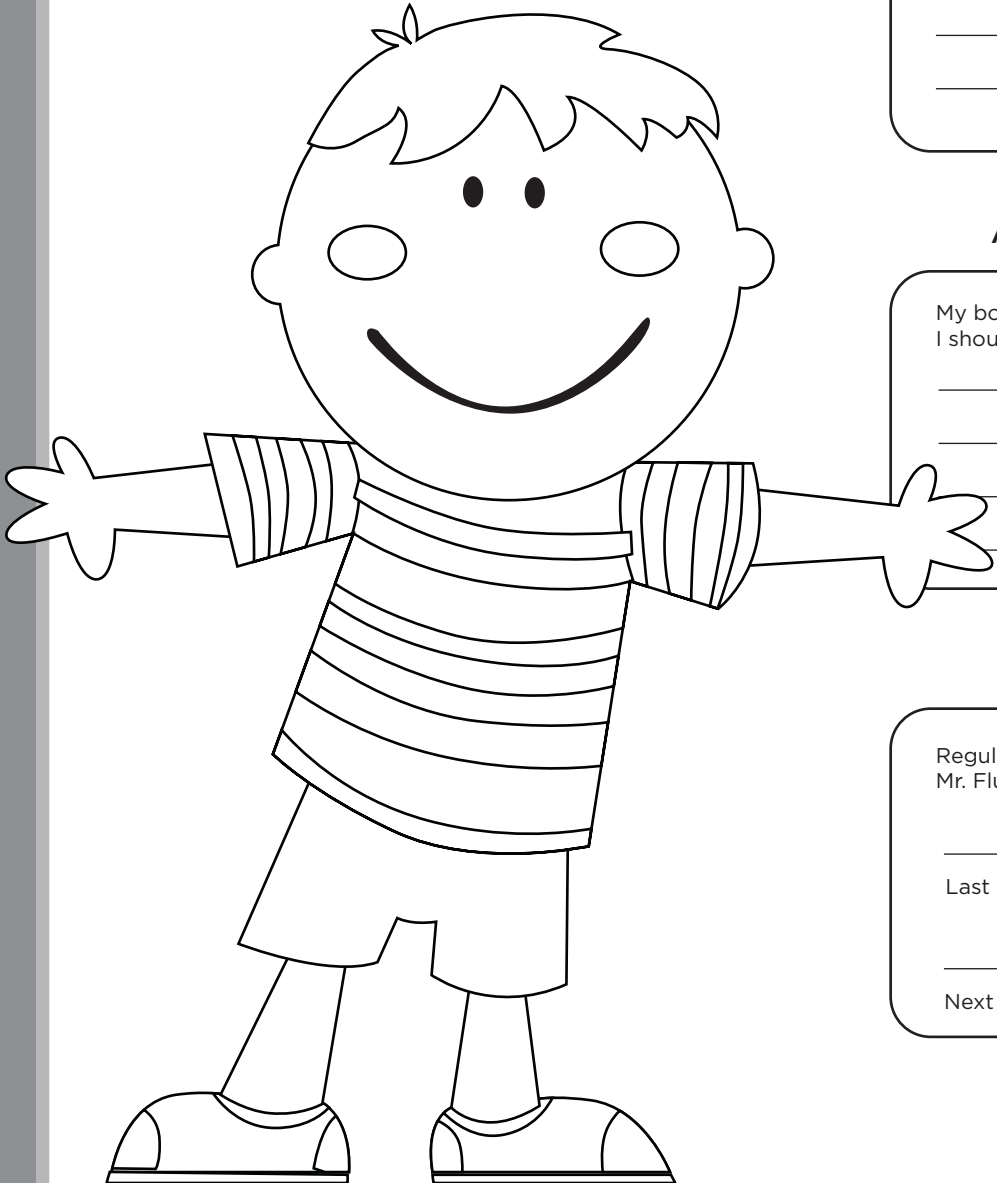




# T.C.'s Health Hit List! Grades K-3

Keep Mr. Flu and his friends away! Fill out T.C.'s Health Hit List with your parents to make sure you stay healthy all year long.



## Shots & Immunizations

I've had these shots to stop Mr. Flu and his friends:

Shot	Date
_____	_____
_____	_____
_____	_____

## Allergies/Reactions

My body doesn't like these foods/things. I should stay away!

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Check-Ups

Regular check-ups are important to keep Mr. Flu from finding you!

_____	_____
Last Check-Up	Healthcare Provider
_____	_____
Next Check-Up	Healthcare Provider