



|                   |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |
|-------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|-------|
| (五)<br>天天蔬<br>果 5 | 7/15 | 7/16 | 7/17 | 7/18 | 7/19 | 7/20 | 7/21 | 7/22 | 7/23 | 7/24 | 7/25 | 7/26 | 7/27 | 7/28 | 7/29 | 7/30 | 家長認證： |
|                   |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |
|                   | 7/31 | 8/1  | 8/2  | 8/3  | 8/4  | 8/5  | 8/6  | 8/7  | 8/8  | 8/9  | 8/10 | 8/11 | 8/12 | 8/13 | 8/14 | 8/15 | 教師認證： |
|                   |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |
|                   | 8/16 | 8/17 | 8/18 | 8/19 | 8/20 | 8/21 | 8/22 | 8/23 | 8/24 | 8/25 | 8/26 | 8/27 | 8/28 | 8/29 |      |      |       |
|                   |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |

|                       |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |
|-----------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|-------|
| (六)<br>天天電<br>少於<br>1 | 7/15 | 7/16 | 7/17 | 7/18 | 7/19 | 7/20 | 7/21 | 7/22 | 7/23 | 7/24 | 7/25 | 7/26 | 7/27 | 7/28 | 7/29 | 7/30 | 家長認證： |
|                       |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |
|                       | 7/31 | 8/1  | 8/2  | 8/3  | 8/4  | 8/5  | 8/6  | 8/7  | 8/8  | 8/9  | 8/10 | 8/11 | 8/12 | 8/13 | 8/14 | 8/15 | 教師認證： |
|                       |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |
|                       | 8/16 | 8/17 | 8/18 | 8/19 | 8/20 | 8/21 | 8/22 | 8/23 | 8/24 | 8/25 | 8/26 | 8/27 | 8/28 | 8/29 |      |      |       |
|                       |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |

|                          |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |
|--------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|-------|
| (七)<br>天天喝<br>足白開<br>水 量 | 7/15 | 7/16 | 7/17 | 7/18 | 7/19 | 7/20 | 7/21 | 7/22 | 7/23 | 7/24 | 7/25 | 7/26 | 7/27 | 7/28 | 7/29 | 7/30 | 家長認證： |
|                          |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |
|                          | 7/31 | 8/1  | 8/2  | 8/3  | 8/4  | 8/5  | 8/6  | 8/7  | 8/8  | 8/9  | 8/10 | 8/11 | 8/12 | 8/13 | 8/14 | 8/15 | 教師認證： |
|                          |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |
|                          | 8/16 | 8/17 | 8/18 | 8/19 | 8/20 | 8/21 | 8/22 | 8/23 | 8/24 | 8/25 | 8/26 | 8/27 | 8/28 | 8/29 |      |      |       |
|                          |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |

|                        |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |
|------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|-------|
| (八)<br>每天吃<br>優質早<br>餐 | 7/15 | 7/16 | 7/17 | 7/18 | 7/19 | 7/20 | 7/21 | 7/22 | 7/23 | 7/24 | 7/25 | 7/26 | 7/27 | 7/28 | 7/29 | 7/30 | 家長認證： |
|                        |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |
|                        | 7/31 | 8/1  | 8/2  | 8/3  | 8/4  | 8/5  | 8/6  | 8/7  | 8/8  | 8/9  | 8/10 | 8/11 | 8/12 | 8/13 | 8/14 | 8/15 | 教師認證： |
|                        |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |
|                        | 8/16 | 8/17 | 8/18 | 8/19 | 8/20 | 8/21 | 8/22 | 8/23 | 8/24 | 8/25 | 8/26 | 8/27 | 8/28 | 8/29 |      |      |       |
|                        |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |       |

備註：一、4 電少於 1 是指每天看電視、打電腦、電話及電動時間少於 1 小時(國小)。

二、喝足白開水是指每天喝水 1500CC 或以體重〈公斤〉\*30CC。