Starday

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Kids Vitamins & Supplements Checklist

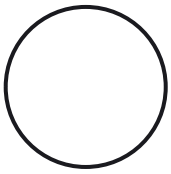
MORNING

- [ ] Take Vitamin D — Every day

DAYTIME

- [ ] Take Omega-3 — Every day
- [ ] Take probiotic — Every day

DRAW YOUR MOOD TODAY



How was your day? Draw a face!

Turn this checklist into quests your child completes on their own — with stars and real rewards.

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