

Girl Scout Healthy Living Badge

One Way to Earn the Healthy Living Badges as a Multi-Level Troop	What Daisies Do (Gloria's Petal)	What Brownies Do (My Best Self Badge)	What Juniors Do (Staying Fit Badge)	What Cadettes Do (Eating for You Badge)	What Seniors Do (Women's Health Badge)	What Ambassadors Do
Get to know your body and how much daily exercise is recommended for your age level. Create an exercise schedule to follow each week and try it out!	Enjoy "Gloria's Story," then talk about it	Get to know your body	Start moving	Know how good nutrition helps your body stay healthy	Investigate the tests that help women stay healthy	N/A
Know how nutrition can help your body: For two weeks, use a food log and the USDA's My Plate information to track how many servings of each color you're eating each day. https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/mini_poster_0.pdf	Invite an old Girl Scout to talk to your group about ways to respect yourself and others	Eat and play in a healthy way	Keep your fit body fueled	Find out how what you eat affects your skin	Find out how facts and beauty practice impact health	N/A
Explore how your diet affects your stress level: Just because the label doesn't say "sugar" doesn't mean it's not full of it. Look up all the names of sugar and look in your kitchen to find items with hidden sugar in the ingredients list. Try meditation or yoga for one week and track how it makes you feel!	Practice respecting yourself and others	Find out how your body works	Know how to stress less	Explore how your diet affects your stress level	Focus on techniques that help you stay emotionally healthy	N/A
Investigate how what you eat affects your sleep: Look up the importance of REM sleep. Try to avoid drinking anything 3 hours before you go to sleep and see if you sleep better that night.		Know what to do if something bugs you	Get the truth about health	Investigate how what you eat effects your sleep	Take a closer look at a women's health issue	N/A
Meet a Health Helper: Make a list of all the health experts in your community and what they do, including nurses, doctors, and dentists.		Meet a health helper	Help your family stay fit	Look at how your diet effects your energy	Get the word out on a women's health topic	N/A