

Starday
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Kids Vitamins & Supplements Checklist

MORNING

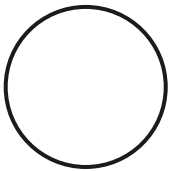
☐ Take Vitamin D Every day

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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