

My Backpack Weighs:



Name: _____

My backpack should weigh less than 10% of my body weight.

My Backpack is...



Too Heavy



Just Right

Tips to Lighten my Backpack...

- ✓ Clean out your backpack each night. Only take what you need for the next day.
- ✓ Ask your teacher to tell you which days you need your textbooks at home/school to avoid unnecessary transport.
- ✓ Use folders / thin spiral notebooks for each class and add it to binders that you keep at home instead of carting heavy binders back and forth.
- ✓ If you use a tablet at school consider taking notes on the tablet or using e-books.
- ✓ Carry your lunch in a separate bag or lunch box.
- ✓ If you take a water bottle; take an empty bottle and fill it up at school.