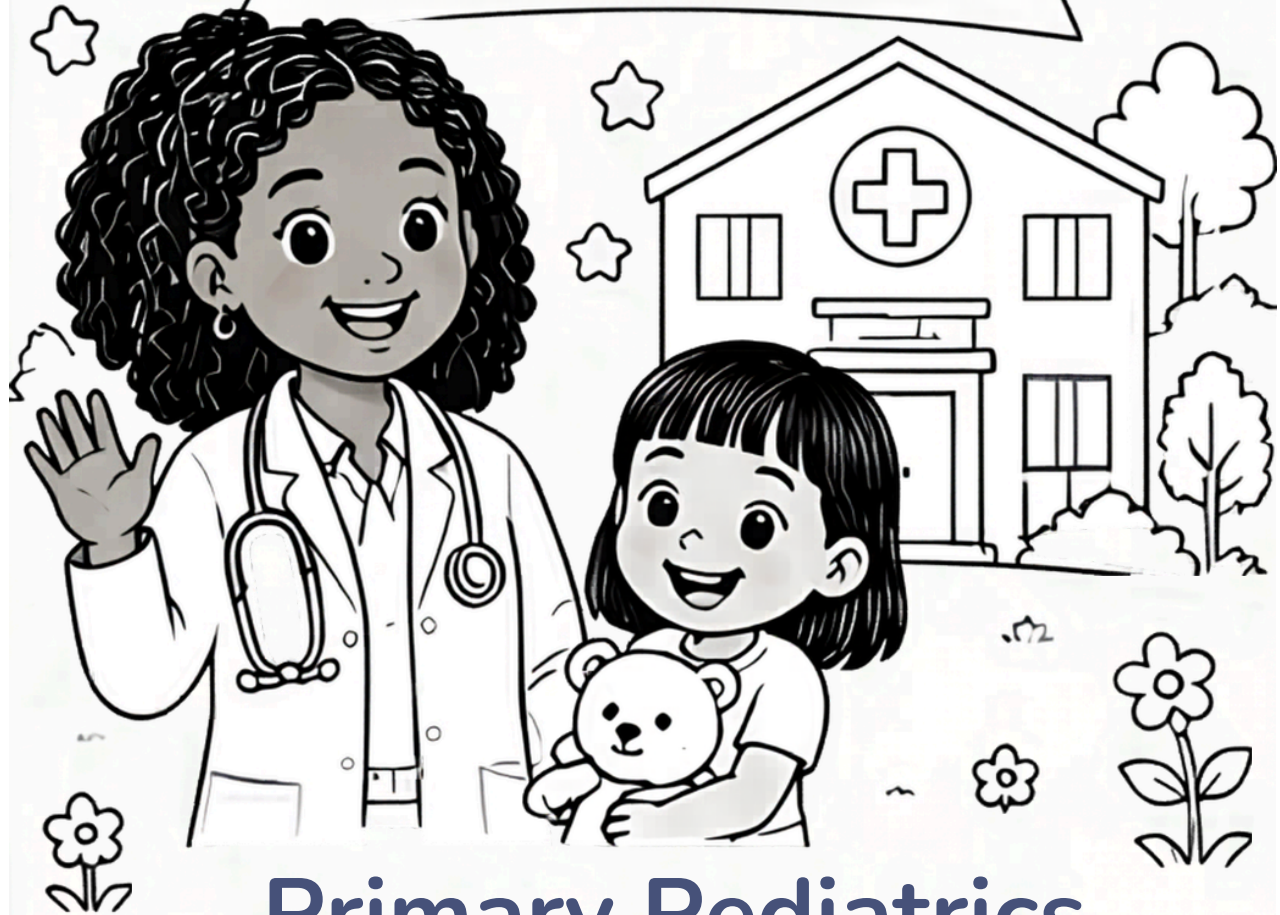


# My Day at

# Primary Pediatrics

A Fun Coloring Book for Kids!



## Primary Pediatrics

Pediatric and Adolescent Medicine

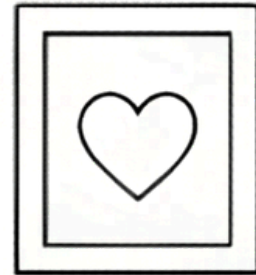
[www.primarypedsmd.com](http://www.primarypedsmd.com)

Come visit us! Bring your colored pages back  
and we may display them in our office!



# Meet My Doctor

Doctors help keep me  
healthy and strong!



Color the  
doctor give  
her your  
favorite  
color shirt!



This page was colored by: \_\_\_\_\_

# Time For My Checkup

Checkups help me  
grow healthy and strong!



This page was colored by: \_\_\_\_\_

# The Waiting Room Adventure

While we wait, there's so much to see and do!



Can you find and color:



3 stars



2 teddy bears

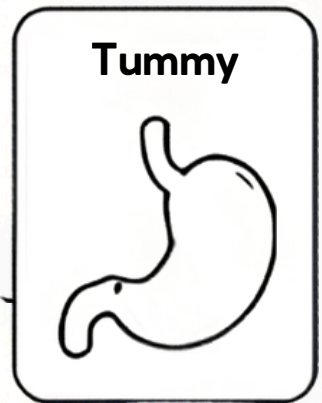
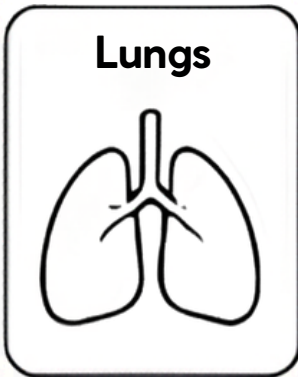
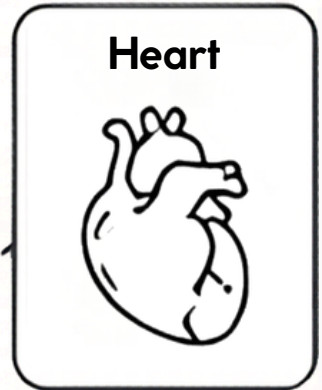
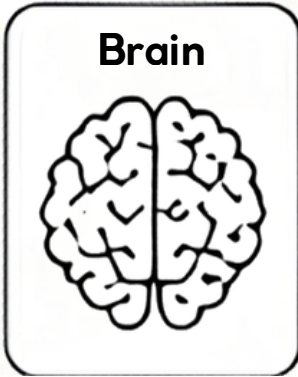


1 soccer ball

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# Inside My Amazing Body

My body works hard every day!



Color your body and all the amazing parts!

This page was colored by: \_\_\_\_\_

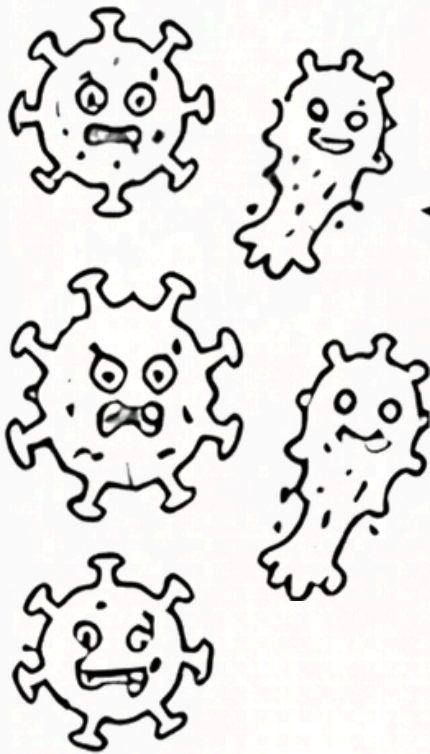
# Germs vs. Superheroes

My body has superheroes  
that help fight germs!



**GERMS**

**SUPERHEROES**



**VS.**



Color the superheroes to help keep  
your body strong and healthy!



This page was colored by: \_\_\_\_\_

# Healthy Foods Fuel My Body

Eating healthy foods helps me  
grow, learn and play!

**Fruits**



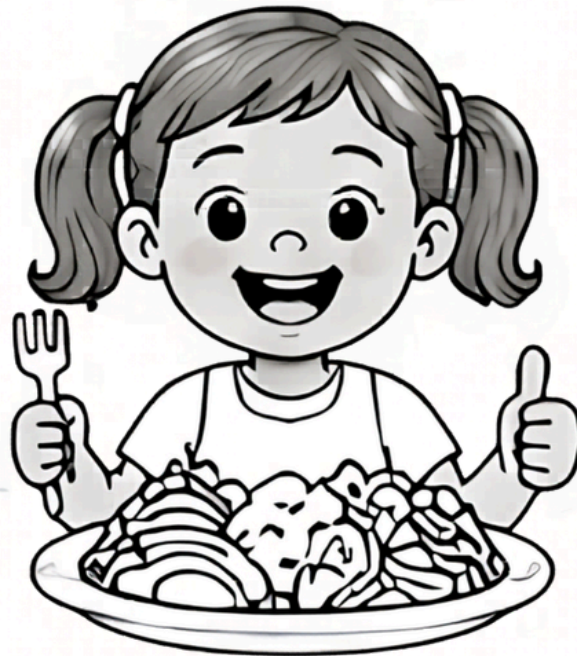
**Vegetables**



**Protein**



**Dairy**



**Grains**



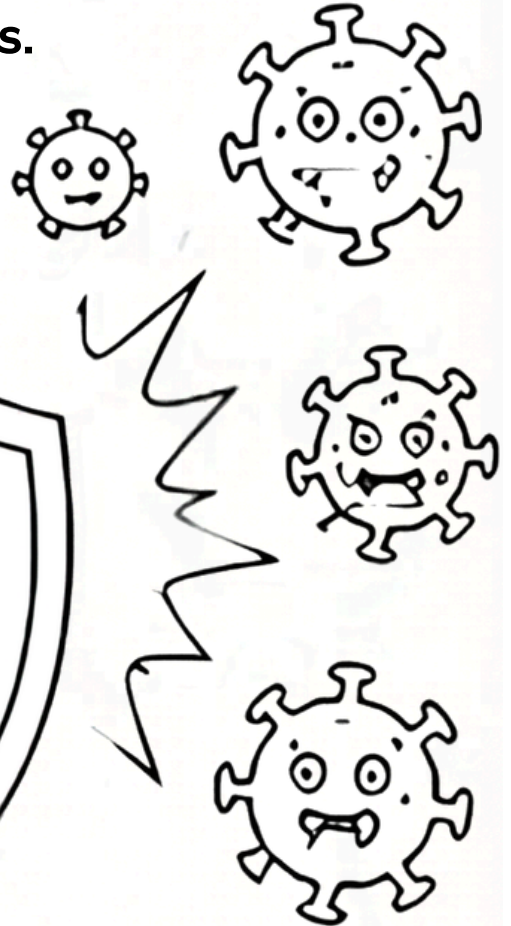
Circle your favorite healthy food!



This page was colored by: \_\_\_\_\_

# Vaccines Are My Shield

Vaccines help protect me  
from serious illnesses.



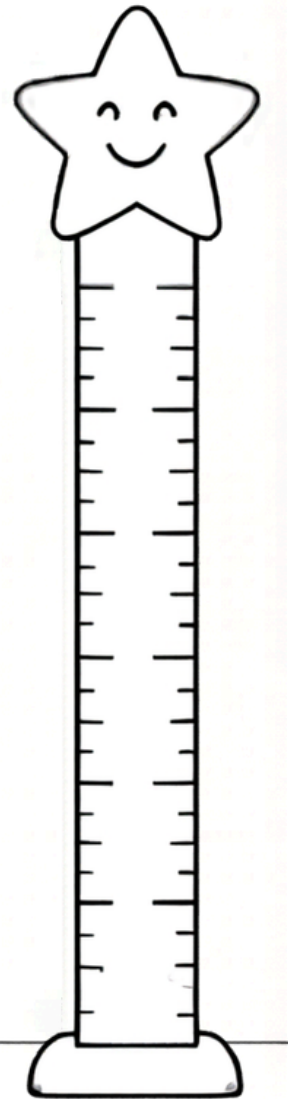
You're a hero for protecting  
yourself and others!



This page was colored by: \_\_\_\_\_

# Growing Up Strong

I grow a little every day!



How tall are you today?

\_\_\_\_\_

feet

\_\_\_\_\_ inches



This page was colored by: \_\_\_\_\_

# Healthy Habits Challenge

Healthy habits help me feel my best every day!  
Color each picture after you complete the habit!

<input type="checkbox"/>		Brush My Teeth	
<input type="checkbox"/>		Wash My Hands	
<input type="checkbox"/>		Eat Fruits & Veggies	
<input type="checkbox"/>		Exercise & Play	
<input type="checkbox"/>		Drink Water	
<input type="checkbox"/>		Get Good Sleep	

Great job taking care of YOU!



This page was colored by: \_\_\_\_\_

# This Is Me!

My Name: \_\_\_\_\_

I Am \_\_\_\_\_ Years Old

My Doctor Is: \_\_\_\_\_

My Favorite Color Is: \_\_\_\_\_

Draw a picture of yourself!

Bring your completed coloring pages to  
Primary Pediatrics and Adolescent Medicine!





Awarded to: \_\_\_\_\_

Signed by: \_\_\_\_\_

Date: \_\_\_\_\_

Thank you for being a champion  
for your health!



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