The word of the week is

 Vigilant

**It means**: watchful, extremely alert

**Used in a sentence:**

The man was vigilant about eating a healthy diet and avoided sugar at all costs.

It is important to be vigilant when you are taking care of children.

If you want to be a policeman, you must be very vigilant.

I have to be vigilant when my dog plays in the front yard because she might run out in the street.