

KIDS, AIM FOR THESE GOALS EVERY DAY

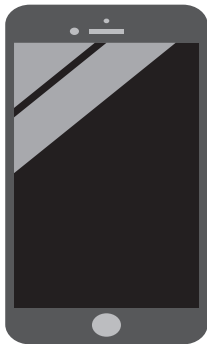
10
hours of sleep



5
or more fruits and veggies



2
hours or less
of screen time



1
hour or more of active play



0
sugary drinks,
have water or milk instead

