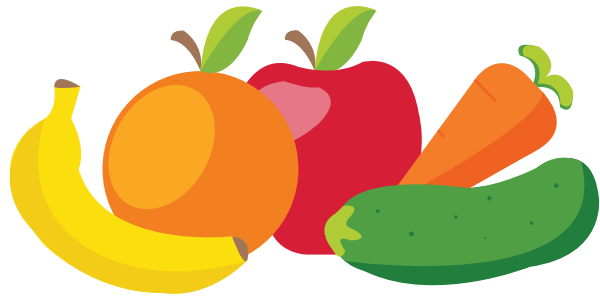


# KIDS, AIM FOR THESE GOALS EVERY DAY

**10**

hours of sleep

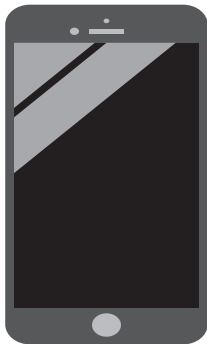


**5**

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

