

HEALTHY FAMILY: HEALTHY YOU

Mark an "X" over the box when you reach your goal each day.

X

9 hours of sleep each day



M	T	W	TH	F	SA	SU
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5 fruits and veggies each day



M	T	W	TH	F	SA	SU
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2 hours or less of screen time each day

M	T	W	TH	F
SA	SU			



1 hour of activity each day

M	T	W	TH	F	SA	SU
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0 sugary drinks each day

M	T	W	TH	F	SA	SU
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