

9-5-2-1-0

Is the Way to Go!

Today did you:



GET AT LEAST
9 HOURS OF
SLEEP?



EAT AT LEAST
5 SERVINGS OF
FRUITS AND
VEGETABLES?



LIMIT SCREEN
TIME TO 2
HOURS OR
LESS?



GET AT LEAST
1 HOUR OF
PHYSICAL
ACTIVITY?



ELIMINATE
SUGAR-ADDED
DRINKS?