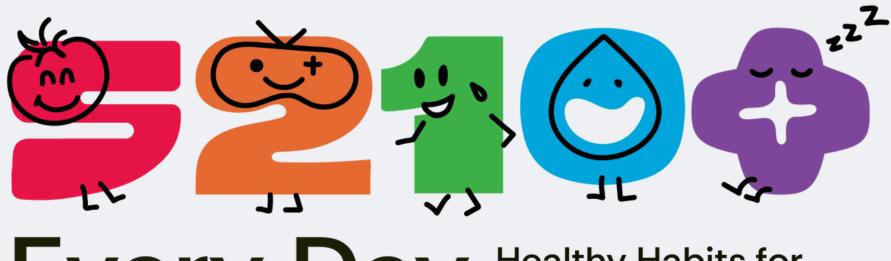
Healthy Habits Every Day!







5 or more servings of fruits & vegetables



2 hours or less of recreational screen time



1 hour or more of physical activity



0 sugary beverages



8-14 hrs of sleep









