

# Healthy **Habits**, Healthy **Weight**

- ☑ **8 1/2 to 9 1/4** *Hours of sound sleep per DAY*
- ☑ **7** *Breakfasts every week*
- ☑ **6** *Home-cooked meals per week*
- ☑ **5** *Servings of fruits AND vegetables each day*
- ☑ **4** *Ounces (that's 1/2 a cup!) of 100% juice per day or less*
- ☑ **3** *Servings of low fat dairy each day*
- ☑ **2** *Hours or less of screen time each day*
- ☑ **1** *Hour or more of physical activity each day*