

HEAD TO BED

GOAL

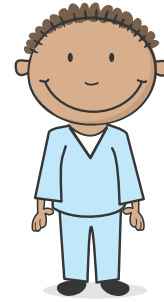
9

Aim for 9 hours of sleep per night

To learn more about the 9-5-2-1-0 goals, visit FitnessforKidsChallenge.com.

ACTIVITY: HELP MARCO GET TO HIS BED!

When it's bedtime, avoid things that keep you from falling asleep. Help Marco find his way to a good night's sleep!



START



END



www.FitnessforKidsChallenge.com