

THE 9 5 2 1 0 GOALS

The 9-5-2-1-0 goals are a helpful reminder to make healthy food choices, get proper rest, and add physical activity to your day.

9

Get nine hours of sleep per night.

5

Eat five or more servings of fruits and vegetables per day!

2

Limit screen time to two hours or less per day.

1

Engage in one hour or more of physical activity per day.

0

Have zero sugary drinks per day.

