

# GOOD OR BAD?

GOAL

9

Aim for 9 hours of sleep per night

To learn more about the 9-5-2-1-0 goals, visit [FitnessforKidsChallenge.com](http://FitnessforKidsChallenge.com).

**DIRECTIONS: SOME ACTIVITIES ARE GOOD TO DO BEFORE BED BECAUSE THEY SETTLE YOU DOWN.** In the star inside each picture, Write a “+” sign (for good bedtime activity) or “-” sign (for bad bedtime activity).

Drink a glass of milk or water before bed



Go to bed very late



Play and run outside



Read a book in bed



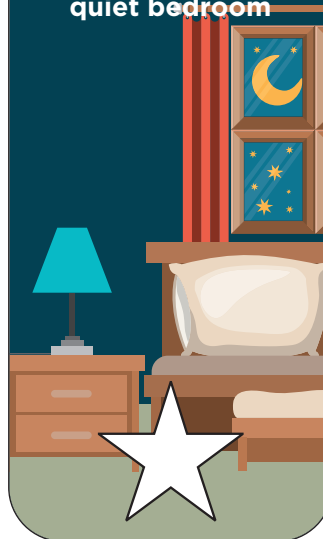
Go to bed on time



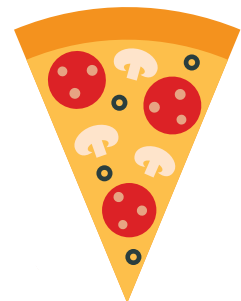
Drink a soda



Have a dark, quiet bedroom



Eat a large snack before bed



**Fitness  
for Kids**  
CHALLENGE

Independent  
Health  
FOUNDATION

[www.FitnessforKidsChallenge.com](http://www.FitnessforKidsChallenge.com)