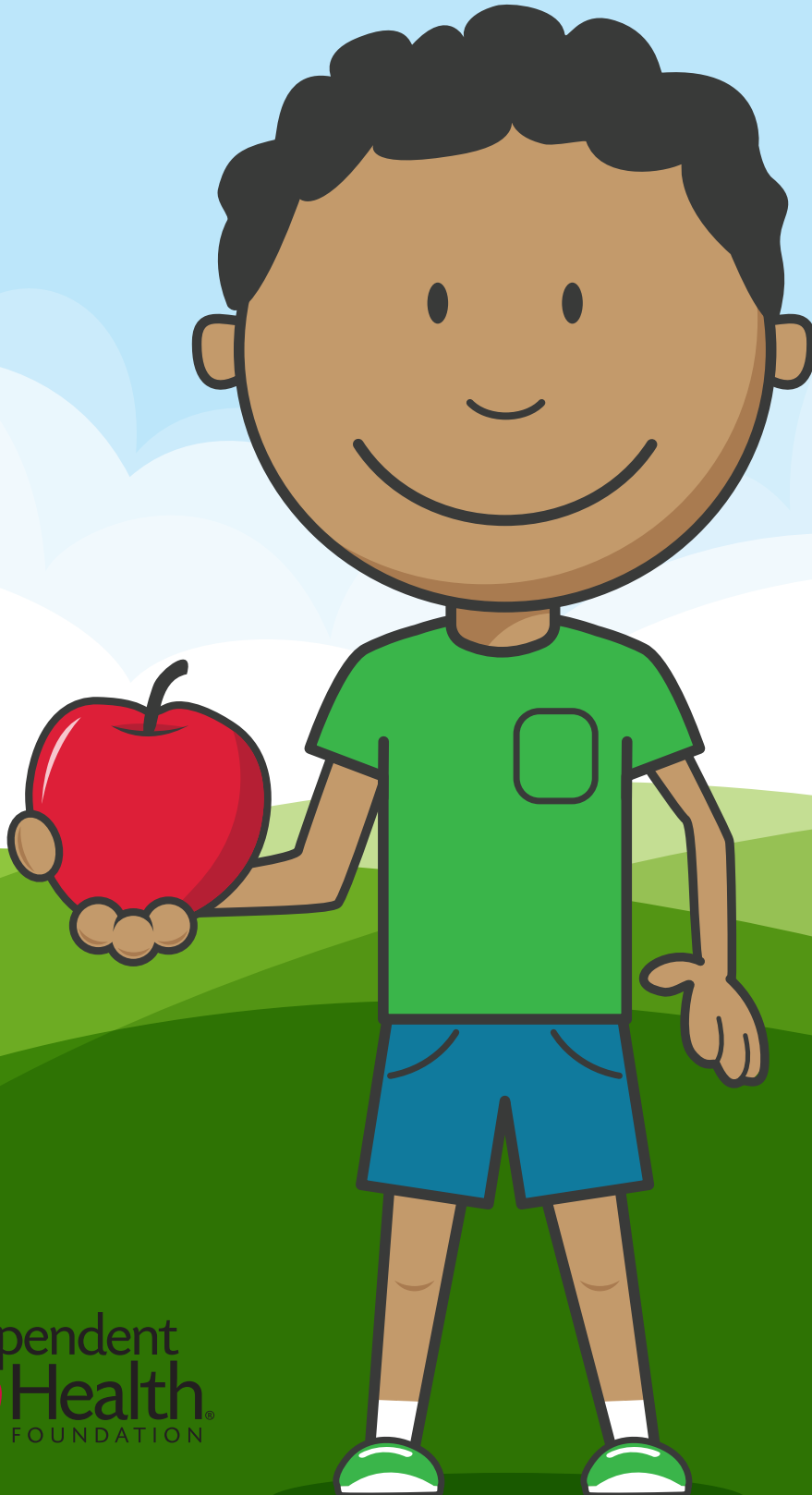


# Eat Right!



**GOAL**

**5 OR MORE  
SERVINGS OF  
FRUITS AND  
VEGETABLES**



# Be a Fit Kid!



**GOAL**

**2 HOURS OF  
SCREEN TIME  
OR LESS  
PER DAY**



Independent  
 Health<sup>®</sup>  
FOUNDATION

**Fitness  
for Kids**  
CHALLENGE

# Stay Active!



## GOAL

**1 HOUR OF  
PHYSICAL  
ACTIVITY  
PER DAY**



Independent  
 Health  
FOUNDATION

**Fitness  
for Kids  
CHALLENGE**

# Go for H<sub>2</sub>O!



**GOAL**

**0 SUGARY  
DRINKS  
PER DAY**



Independent  
 Health  
FOUNDATION

**Fitness  
for Kids  
CHALLENGE**

# Get Your ZZZs!



**GOAL**

**9 HOURS  
OF SLEEP  
PER NIGHT**



Independent  
 Health  
FOUNDATION

**Fitness  
for Kids**  
CHALLENGE

# You Got This!



## GOAL

**BE YOUR  
BEST  
TO YOU**



Independent  
 Health  
FOUNDATION

**Fitness  
for Kids**  
CHALLENGE

# Let Your Kindness Shine!



# Are You up for the Challenge?

**9**

**9 HOURS OF SLEEP  
PER NIGHT**

**5**

**5 OR MORE SERVINGS OF  
FRUITS AND VEGETABLES**

**2**

**2 HOURS OF SCREEN TIME  
OR LESS PER DAY**

**1**

**1 HOUR OF PHYSICAL  
ACTIVITY PER DAY**

**0**

**0 SUGARY DRINKS  
PER DAY**

**YOU**

**BE YOUR BEST  
TO YOU**

**YOU**

**BE YOUR BEST  
TO OTHERS**

