

10-2-1-0

Goals for STAR Kids!

10: Sleep at least 10 hours a night.

A regular schedule and bedtime routine can help kids get the sleep they need!

2: No more than 2 hours per day
of screen time.

Screen time means time watching TV, DVDs, videos and movies, or playing games on a TV, computer, or handheld device. It's not time doing homework on a computer.

1: Get at least 1 hour of moderate
to vigorous physical activity per day.

If 1 hour feels like a lot now, help your child start slowly and build up!

0: Drink water. Have
zero sugary drinks.

*Have water when thirsty, with meals,
or any time!*

Work together,
pick a goal,
offer encouragement.

You can do it!

STAR