

SLEEP HEALTH

1: GET 8-10 HOURS OF SLEEP



2: DITCH THE DEVICES BEFORE BEDTIME

DENTAL HEALTH

3. BRUSH YOUR TEETH EVERYDAY



4. FLOSS YOUR TEETH EVERYDAY

NUTRITIONAL HEALTH

5. CUT THE SUGARY ENERGY, SPORTS, AND SOFT DRINKS

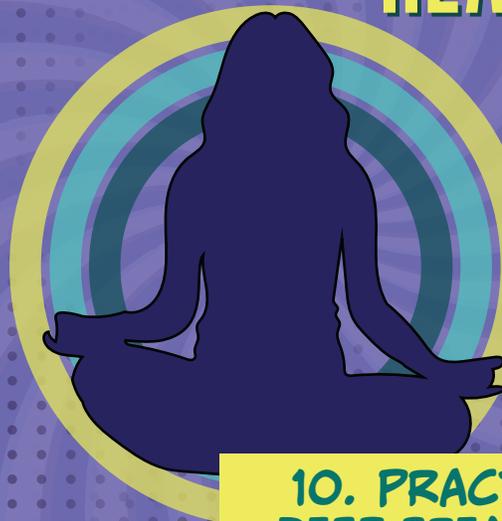
Nutrition Facts

8 servings per container	(500g)
Serving size	
Amount per serving	250
Calories	
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	5%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	1%
Total Sugars 1g	2%
Incl. Added Sugars 5g	
Protein 5g	
Vitamin	
Vitamin	
Calcium	
Iron 10%	

6. READ FOOD LABELS FOR CALORIES AND PORTION SIZES

MENTAL HEALTH

9. TALK ABOUT YOUR FEELINGS



10. PRACTICE DEEP-BREATHING EXERCISES TO RELAX

FITNESS HEALTH

7. FIT IN 60 MINUTES OF PHYSICAL ACTIVITY EVERY DAY

8. PICK A FITNESS TRACKING APP

