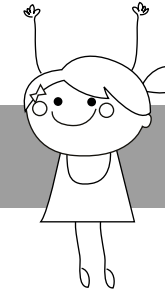
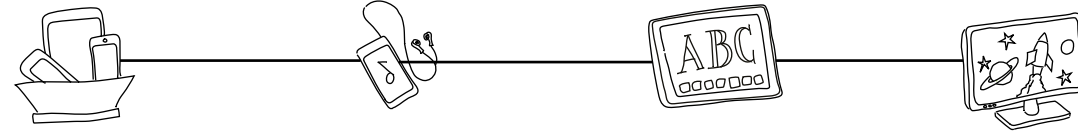




# Power Off and Play!



Colour in each day that you do the activity!

Did you colour in each activity? You are a superstar!

## Building my best day!

Daily recommendations for children and youth aged 5-17 years

**10** or more hours of sleep

**5** or more servings of vegetables and fruit

**2** hours or less of screen time

**1** or more hours of physical activity

**0** sugar sweetened drinks

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Helped make a meal or snack</p>					
<p>Ate dinner with my family</p>					
<p>Played outside after school</p>					
<p>Made a craft or read a book</p>					
<p>Powered off screens 1-hour before bed</p>					