

9 – 5 – 2 – 1 – 0 for Health!

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### Think 9-5-2-1-0 For Health!

Here's the EHHD ACHIEVE Initiative's recipe for healthy children. Every day, every child should aim for:

- 9 hours of sleep
- .5 fill half the plate with fruits & vegetables every meal
- 2 hours or less of screen time outside of school
- 1 hour of physical activity
- 0 sugary beverages

[www.ehhd.org/95210](http://www.ehhd.org/95210)

The 9-5-2-1-0 for Health Initiative is a product of the Northern Virginia Healthy Kids Coalition and used by the EHHD with permission.