



SESSION 2 CHALLENGE

Take a moment in your day to relax without a screen. Track each day you complete the challenge. Review what you learned in the session below.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5

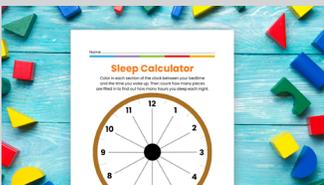
ENERGIZE YOUR HEALTHY HABITS

- Your body and brain need 9–12 hours of sleep every night.
- Relax with screen-free quiet time to recharge your energy during the day.
- Your body gets energy from nutritious food choices.
- Your energy, feelings, and emotions influence your choices.
- Think *fit*. Be *fit*! Know your mood and make healthy choices!

LEARN MORE ONLINE

Visit fit.sanfordhealth.org and search the following resources.

SLEEP CALCULATOR



fitFLOW



LEARN MORE

- 10 Ways to Minimize Screen Time
- Animal Breathing Techniques for Kids