

LEVEL UP YOUR CHILD'S HEALTH

Just like in a video game, **leveling up your health means building strong habits over time.** Small daily choices can help children feel energized, focused and ready to learn.

Use this tracker to help your child build healthy habits and power up for the school year.

LEVEL 1: SLEEP POWER ♥

Sleep helps your child stay focused, regulate emotions and retain information.

- ☐ Go to bed at the same time each night
- ☐ Aim for 9–12 hours of sleep for school-aged children
- ☐ Turn off screens at least 30 minutes before bedtime

LEVEL 2: FUEL YOUR BODY ♥ ♥

Nutritious foods help support brain development and provide energy throughout the day.

- ☐ Eat fruits and veggies daily
- ☐ Choose whole grains and lean proteins
- ☐ Drink water regularly throughout the day

LEVEL 3: MOVE YOUR BODY ♥ ♥ ♥

Physical activity supports strong muscles, healthy hearts and a positive mood.

- ☐ Play outside and enjoy some fresh air
- ☐ Participate in sports or active hobbies
- ☐ Aim for at least an hour of activity each day

LEVEL 4: CHECKUP CHAMPION ♥ ♥ ♥ ♥

Preventive care helps keep your child healthy and identifies concerns early.

- ☐ Schedule yearly wellness visits
- ☐ Keep vision and dental checkups up to date
- ☐ Talk to your doctor about any health concerns