

LESS TV TIME. MORE PLAYTIME.

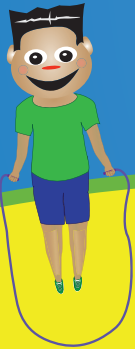
Parents, help your kids track how much time they spend moving, playing and being active every day.



FREE PLAY		STRUCTURED PLAY	
Free play is unstructured and lets your kids use their own imagination for play time.		Structured play is planned by parents or adults for kids to learn through play.	
DAILY RECOMMENDATIONS*			
No recommendations	Infant (0-12 months)	No recommendations	
60 minutes	Toddler (1-3 years)	30 minutes	
60 minutes	Preschooler (3-5 years)	60 minutes	



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
COLOR EACH SQUARE TO SHOW HOW MUCH YOU PLAYED TODAY. TRY TO FILL AS MANY SQUARES AS YOU CAN EACH WEEK!							
LEVEL 1 15 MINUTES							
LEVEL 2 30 MINUTES							
LEVEL 3 45 MINUTES							
LEVEL 4 60 MINUTES							
LEVEL 5 90 MINUTES							
LEVEL 6 120 MINUTES							



*More information about the recommended activity levels can be found at KidsHealth.org.

For more ways to get moving, visit **ChooseHealthLA.com**.

