

Optimising health + wellbeing through your teens



PLAN AHEAD

Bag, gear, lunch, snacks



SAME BED TIME

9.30/10PM
8-10 hrs



MOVE

60 minutes/day
Keep it fun



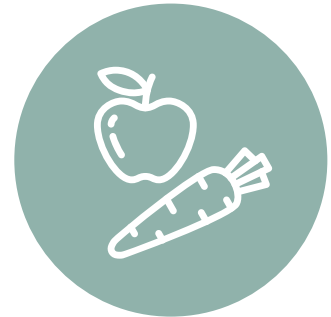
SCREEN FREE

1hr before bed
2 hrs max/day



HYDRATE

Mainly water
Carry it



FUEL

Whole foods
Regular meals



DOWN TIME

More active
Less sitting



RELATE

Choose wisely
Lead the way