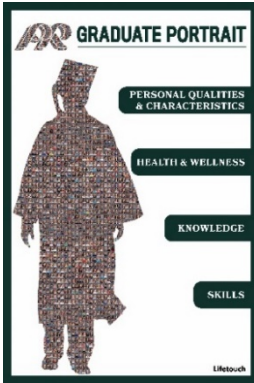


PR Graduate Portrait

Health & Wellness Commitment Reminder Card

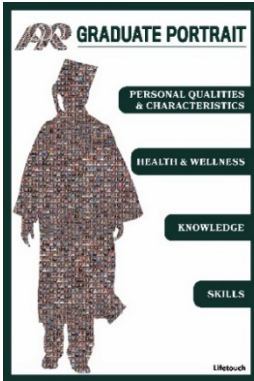
- **Sleep:** 7-to-9 hours.
- **Exercise:** 3 or more times per week.
- **Hydration:** Movement toward the 8 x 8 rule.
- **Nutrition:** Balance of the major food groups with a reduction in sugar.
- **Screen Time:** Reduce that time each week.
- **Stress Management and/or Mindfulness:** Exercises and focus.
- **Go Outdoors:** Spend some time outside.
- **Fun and Play:** Spend time doing something you enjoy!



PR Graduate Portrait

Health & Wellness Commitment Reminder Card

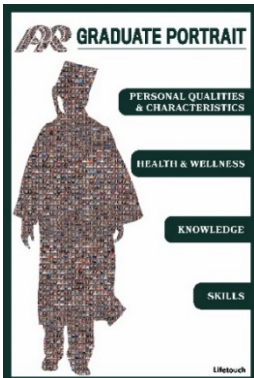
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