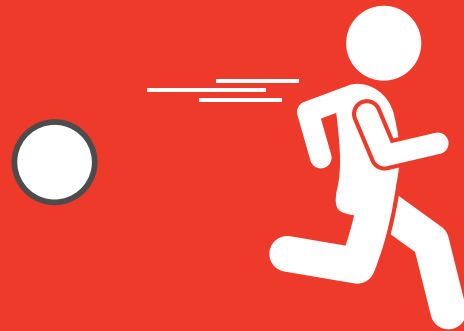


# "Bee" Your Best

HAPPY KID  
CHECKLIST



**B**REAKFAST & DRINK  
40-60 OUNCES OF  
WATER PER DAY



**E**XERCISE 1 HOUR  
PER DAY



**S**LEEP 10 HOURS  
PER NIGHT



**T**IMEOUT FROM  
ELECTRONICS



BEE HAPPY PEDIATRICS  
3412 SOUTH 25TH EAST  
IDAHO FALLS, ID, 83404  
208-497-0680

WE ARE  
HERE TO  
HELP!