

# GET LEAN ROUTINE DURATION RECOMMENDATIONS

Health Habit	Baby	<15 mins	<30 mins	<1 hr	<2 hr	<3 hr
Movement	30 s	1	5	20	40	60
Diet	10 s	10	10	15	30	30
Emotional Regulation	30 s	2	5	10	20	30
Mindfulness	0	1	5	10	20	30
Learning	10 s	1	5	5	10	30
<b>Total Time</b>	<b>1:20</b>	<b>15</b>	<b>30</b>	<b>60</b>	<b>120</b>	<b>180</b>