

GET MUSCULAR ROUTINE DURATION RECOMMENDATIONS

Health Habit	Baby	<15 mins	<30 mins	<1 hr	<2 hr	<3 hr
Movement	30 s	10	20	45	90	120
Diet	10 s	3	5	5	10	20
Learning	10 s	1	2	5	10	20
Visualization	10 s	1	3	5	10	20
Total Time	1	15	30	60	120	180