

TOTAL HEALTH ROUTINE DURATION RECOMMENDATIONS

Health Habit	Baby	<15 mins	<30 mins	<1 hr	<2 hr	<3 hr
Breathing	10 s	1	2	5	10	15
Mindfulness	0	1	2	5	10	15
Visualization	10 s	1	2	5	10	15
Learning	10 s	1	2	5	10	15
Movement	30 s	1	2	5	10	15
Diet	10 s	1	1	1	3	3
Cold	10 s	30 s	30 s	2	3	6
Emotional Regulation	30 s	1	2	5	10	15
Gratitude	10 s	1	2	5	10	15
Connection	10 s	1	2	5	10	15
Goals & Values	30 s	1	2	5	10	15
Planning & Productivity	10 s	1	2	5	10	15
Behavioral Design	10 s	1	2	5	10	15
Total Time	3	13	24	60	119	180