

# Sleep

3 months	15	5
6 months	14.25	3-4
9 months	14	3
12 months	13.75	2-3
18 months	13.5	2
2 years	13	1-2
3 years	12	1
4 years	11.5	
5 years	11	
6 years	10.75	
7 years	10.5	
8 years	10.25	
9 years	10	
10 years	9.75	
11 years	9.5	
12 years	9.25	
13 years	9.25	
14 years	9	
15 years	8.75	
16 years	8.5	
17 years	8.25	
18 years	8.25	

# Exercise

Infants and young children should not be inactive for prolonged periods of time — no more than 1 hour unless they're sleeping. And school-age children should not be inactive for periods longer than 2 hours.

Age	Minimum Daily Activity	Comments
Infant	No specific requirements	Physical activity should encourage motor development
Toddler	1½ hours	30 minutes planned physical activity AND 60 minutes unstructured physical activity (free play)
Preschooler	2 hours	60 minutes planned physical activity AND 60 minutes unstructured physical activity (free play)
School age	1 hour or more	Break up into bouts of 15 minutes or more

# Water

About 70-80% of people's total water intake comes from drinking water and other beverages; the rest people get from food. The table below shows the recommended amount of beverages that children and youth should drink on a daily basis.

Age Range	Adequate Daily Intake of Beverages
1 - 3 years	about 4 cups
4 - 8 years	about 5 cups
9-13 years	about 8 cups for boys about 7 cups for girls
14-18 years	about 11 cups for boys about 8 cups for girls

- Too little water can lead to dehydration and the following symptoms:
- Fatigue
  - Headache
  - Dry mouth
  - Muscle weakness
  - Dizziness
  - Lightheadedness