

# National Physical Activity and Screen Time Guidelines



Age	Infants (birth to 12 months)	Toddlers (ages 1-2)	Preschoolers (ages 3-5)
 <p><b>Structured Physical Activity</b></p>	Daily planned physical activities that support and promote developmental milestones	At least 30 minutes daily	At least 60 minutes daily
 <p><b>Unstructured Physical Activity</b></p>	<p>"Tummy Time" 2-3 times per day</p> <p>Less than 30 minutes per day in confining equipment</p>	At least 60 minutes daily of "free play"	At least 60 minutes daily of "free play"
 <p><b>Play Area</b></p>	Large, open, safe play surfaces to promote free movement	Large, open, safe play surfaces indoors and outdoors developmentally appropriate toys and equipment	Large, open, safe play surfaces indoors and outdoors developmentally appropriate toys and equipment
 <p><b>Screen Time</b></p>	No Screen Time	No Screen Time	Limited to 2 hours or less, educational or physically interactive

