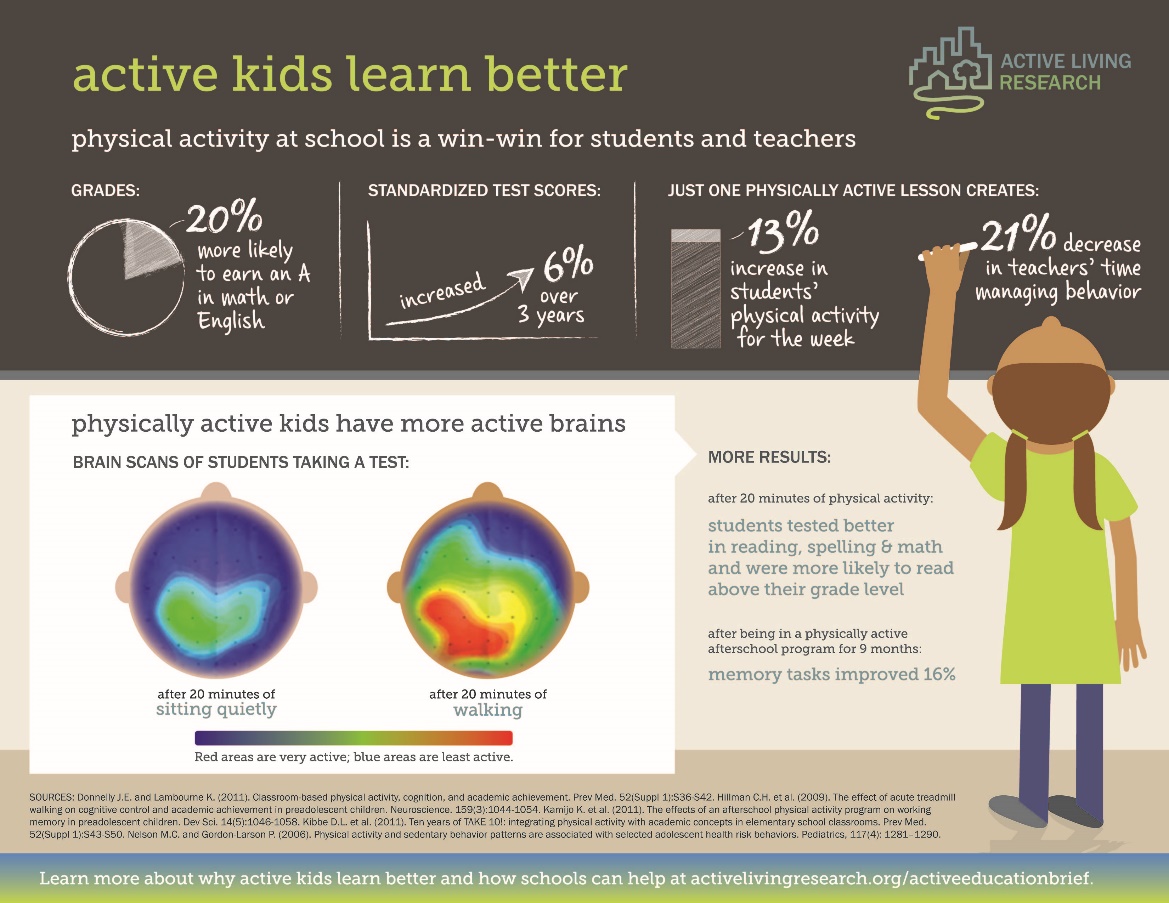
**Social Media Examples**

**Informational Activity Messages**

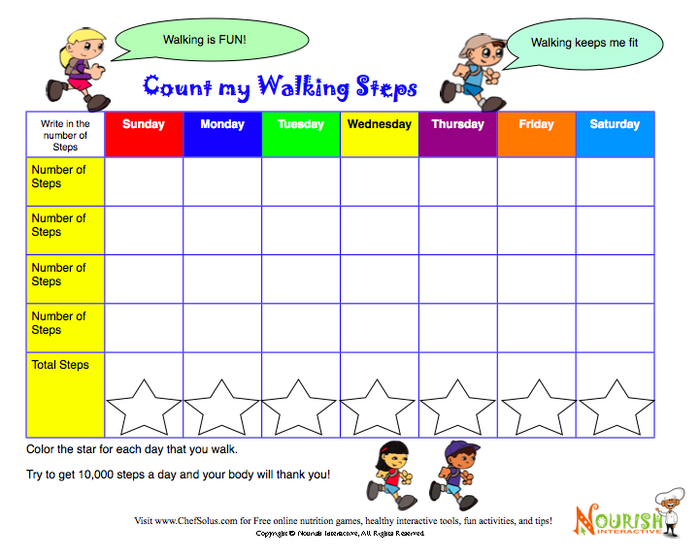


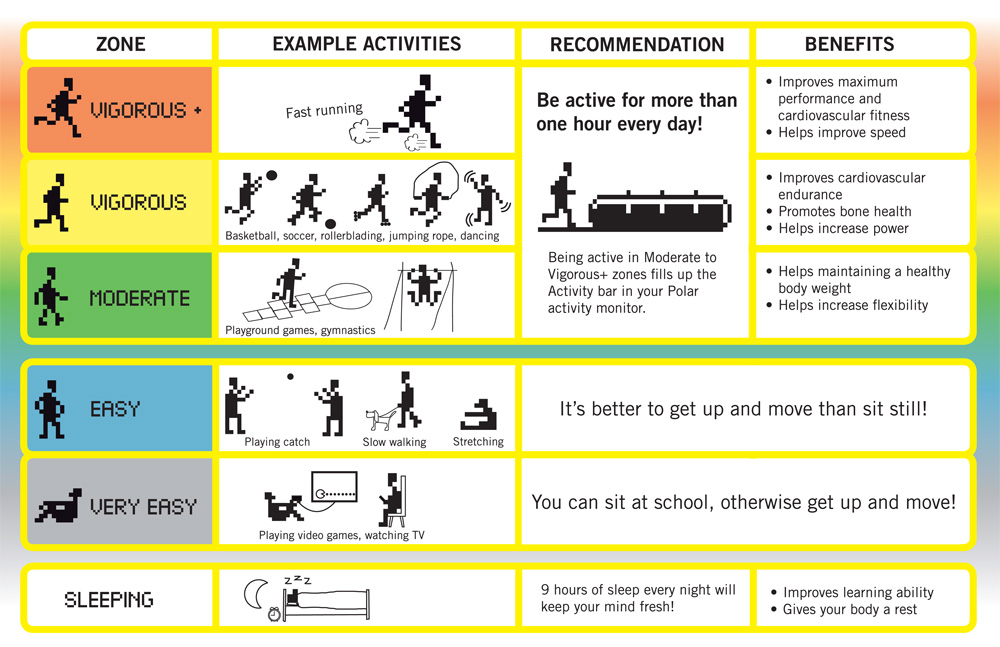






**Calendar Template and Activity Examples**



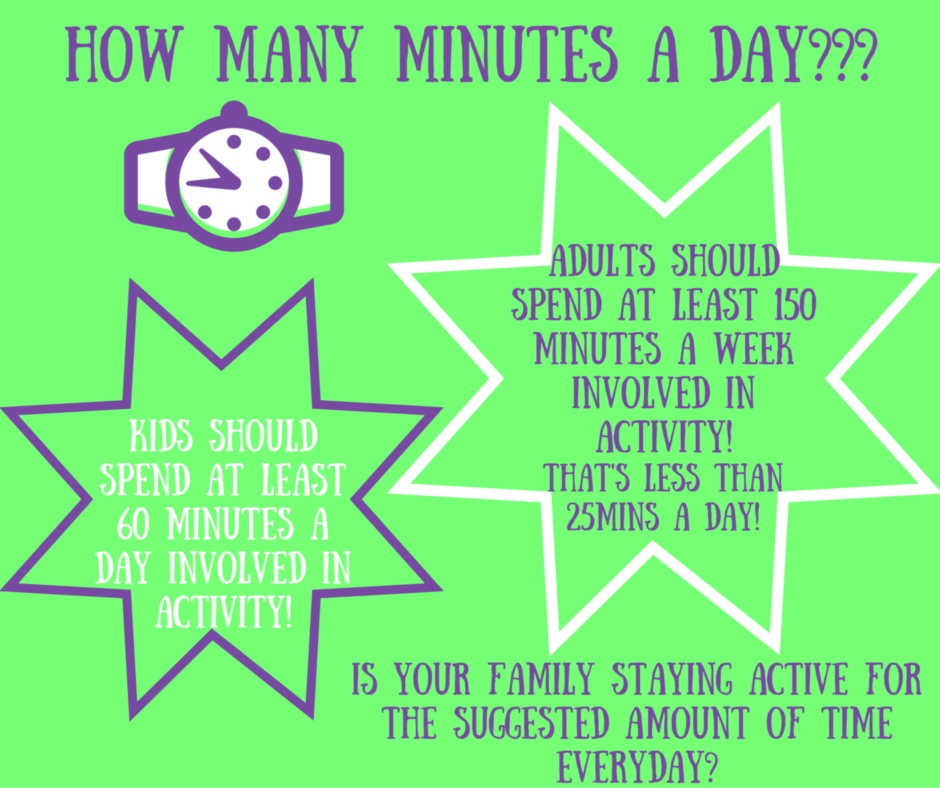


**Short, Fun Messages**





**Interactive Messages**



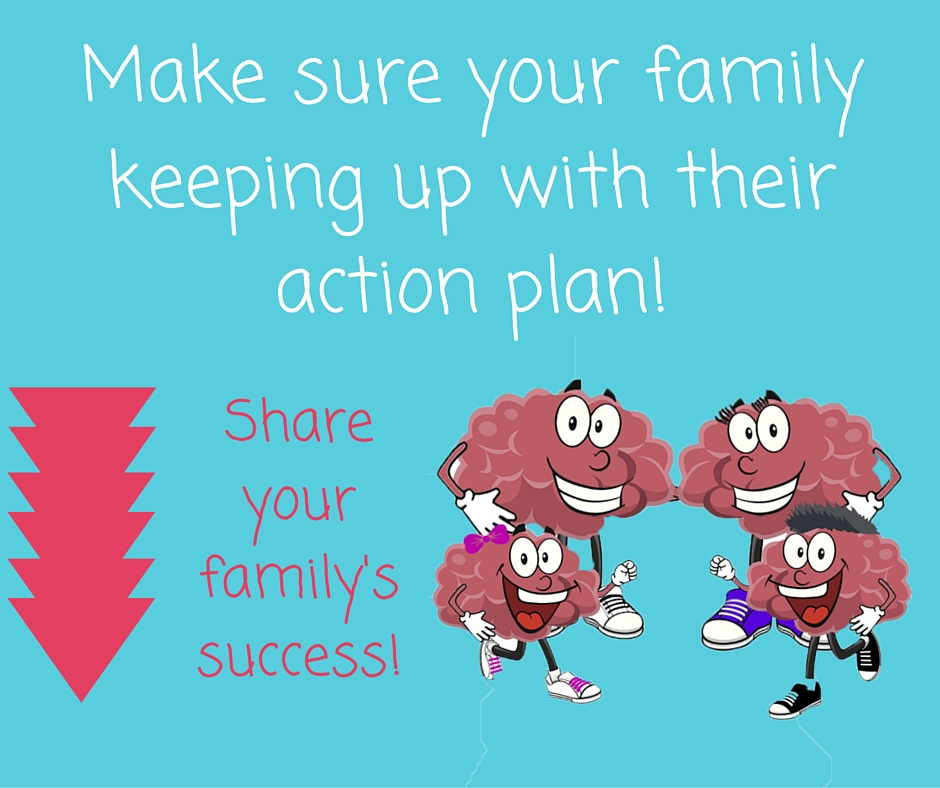




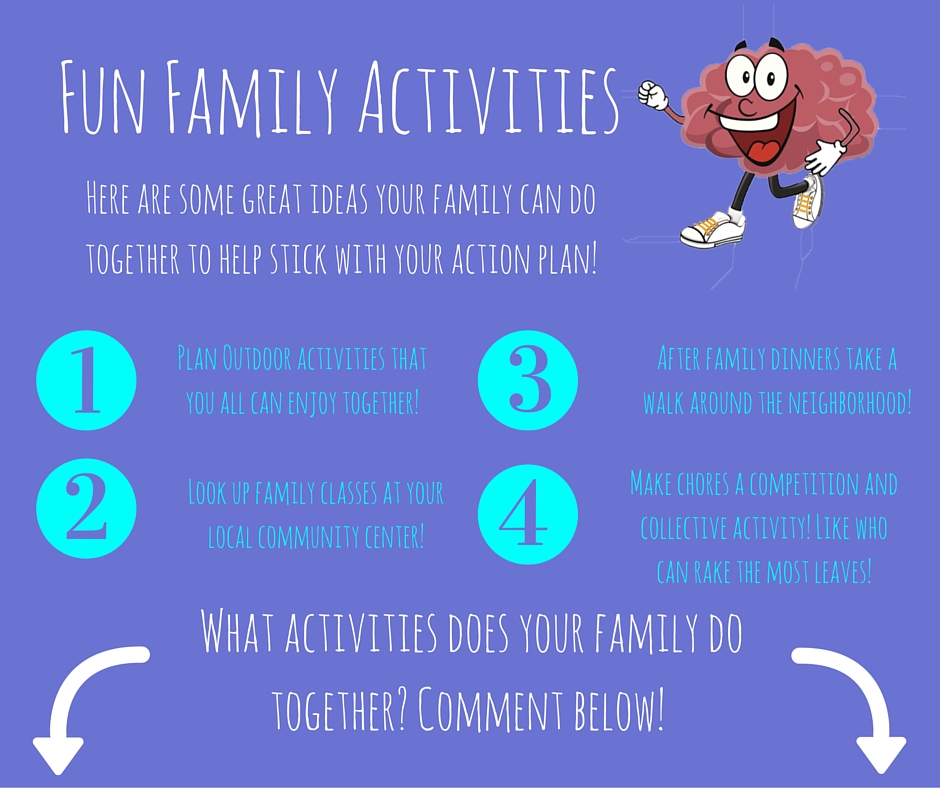
**Fitbit Messages**







**Action Plan Messages**

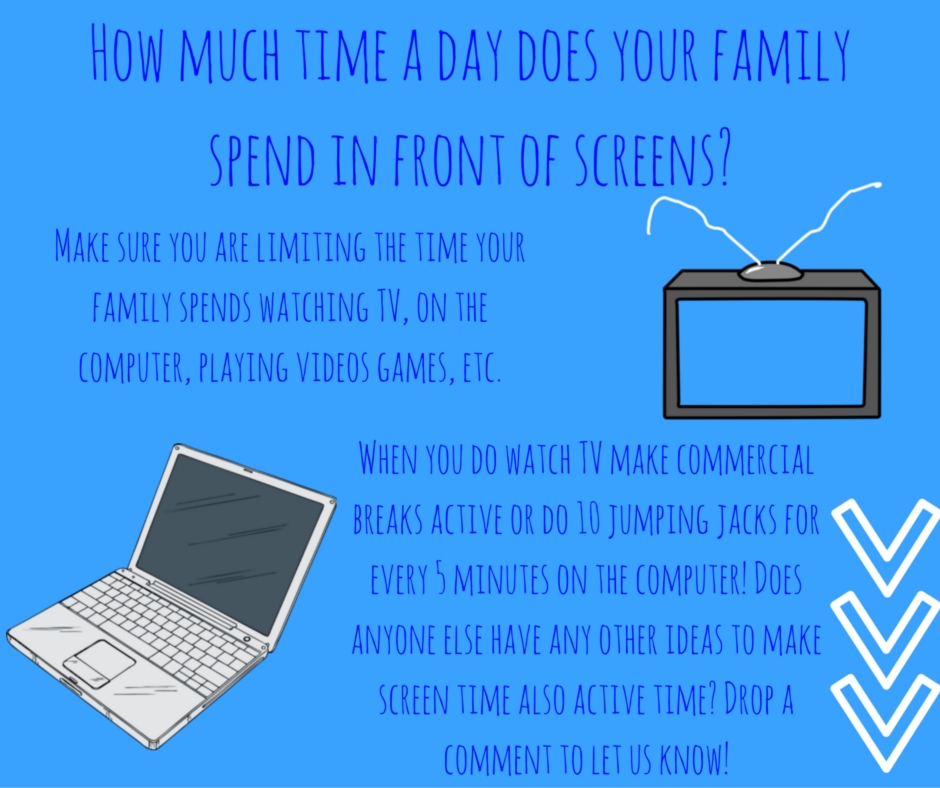


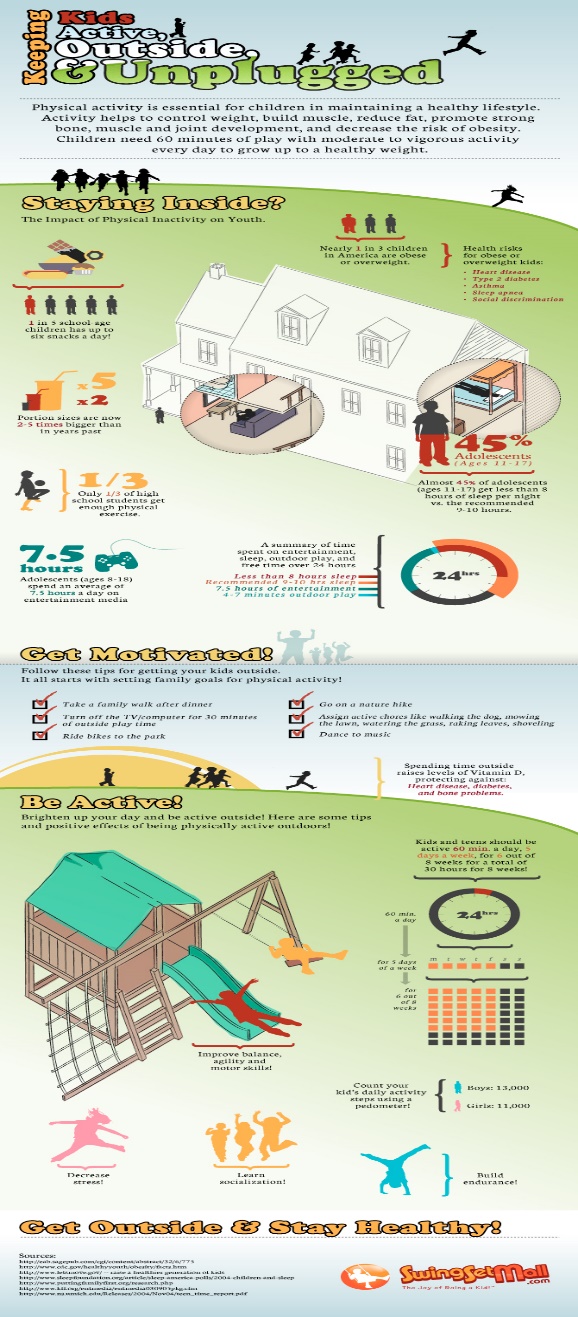


**Screen Time Messages**









**Family Fun Night Messages**





