



START

How to Play:

- Start on the red START square.
- Move 1 space along the path for every nutrition & fitness activity for you complete. Activities will be posted daily on Milestones Pediatric & Maternal Nutrition's social media accounts & website.
- Post pictures of your family completing your game board with the hashtag #milestonesgameboard and tag @milestonesnutrition for a chance to win prizes.
- Have fun!

FINISH