

IMPROVING YOUR HEALTH – ONE STEP AT A TIME!

5 – Eat five servings or 2_ cups of fruits and vegetables...MORE Matters! Limit 100% fruit juices.

2 – Limit screen time to two hours or less each day.

1 – Get up and get moving for one hour of physical activity every day.

0 – Restrict soda and sugar sweetened drinks.

NAME:

Week:

Count Down	Sun	Mon	Tues	Wed	Thur	Fri	Sat
5 – fruits & vegetables!							
2 – Limit screen time!							
1 – Get up & get moving!							
0 – Say “No” sweetened drinks!							