



- 5** Eat at least 5 servings of fruits and vegetables a day
- 2** Spend no more than 2 hours a day in front of a screen
- 1** Get at least 1 hour of physical activity every day
- Almost None** Drink almost no sugary beverages

USE THIS "5+2+1+ALMOST NONE" PROGRESS CHART TO KEEP TRACK OF YOUR FAMILY'S HEALTHY CHOICES.

DATE: | | | | | | | | | | | | | | | | | | | | | |

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