Count and write down the total number of each 5-2-1-0 activity that you do each day. After two weeks, see how well you did at practicing 5-2-1-0. Celebrate your success! If you aren’t sure what to write down, use the back of the page as a guide.

### WEEK 1

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<td><strong>Servings of fruit and veggies you ate</strong></td>
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<td><strong>Cups, boxes, cans or bottles of sugary drinks you had</strong></td>
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<td><strong>Minutes using TV, computer, tablet, phone or video games NOT for homework or school</strong></td>
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<td><strong>Minutes physically active (heart beating faster)</strong></td>
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### WEEK 2

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Use these lists to help you think of everything you ate, drank and did today to include on your tracker.

**FRUITS**
Try to eat five or more delicious fruits and veggies every day. These are just a few yummy examples!

- Grapefruit
- Strawberries
- Mango
- Kiwi
- Grapes
- Apple
- Pineapple
- Orange
- Cranberries
- Peach
- Banana
- Watermelon
- Plum
- Avocado
- Blackberries
- Pear
- Blueberries

**VEGGIES**

- Tomato
- Corn
- Leafy greens
- Spinach
- Beet
- Broccoli
- Onion
- Pepper
- Peas
- Asparagus
- Potato
- Carrot
- Lettuce
- Artichoke
- Mushroom
- Cabbage
- Cauliflower
- Zucchini
- Winter Squash

**SCREEN TIME**
Aim for two hours or less of recreational screen time on the devices listed below. Do not count the minutes you used these devices for homework or at school.

- Computer
- Tablet
- Laptop
- Phone
- TV/Movies
- Video Games (any kind)

**PHYSICAL ACTIVITY**
Physical activity is when you breathe hard during an activity. Try to get your heart rate up for one hour or more every day. Here are some ideas of activities:

- Riding your bike
- Dancing (including Just Dance)
- Running
- Playing tag
- Jumping rope
- Playing basketball
- Playing soccer
- Playing football
- Yoga
- Walking quickly
- Roller skating
- Skateboarding
- Hiking
- Swimming

**SUGARY DRINKS**
Avoid the sugary drinks listed below, and instead drink more water every day!

- Soda pop
- Juice
- Flavored milk
- Fruit drinks
- Lemonade
- Sports drinks
- Sweet tea

*Let’s Move Pittsburgh is a program of Phipps Conservatory and Botanical Gardens. This program is adapted from Let’s Go! www.letsgo.org.*