's Weekly



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 I

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Servings of fruit and veggies you ate	daily total						
Cups, boxes, cans or bottles of sugary drinks you had	daily total						
Minutes using TV, computer, tablet, phone or video games NOT for homework or school	daily total						
Minutes physically active (heart beating faster)	daily total						

WEEK 2

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Servings of fruit and veggies you ate	daily total						
Cups, boxes, cans or bottles of sugary drinks you had	daily total						
Minutes using TV, computer, tablet, phone or video games NOT for homework or school	daily total						
Minutes physically active (heart beating faster)	daily total						

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 Pineapple Plum Strawberries Orange Avocado Mango Cranberries Blackberries

Kiwi Peach Pear Banana Blueberries

Watermelon Apple

VEGGIES

Grapes

Tomato Mushroom Pepper Corn Peas Cabbage Leafy greens Cauliflower Asparagus Spinach Potato Zucchini Beet Carrot Winter Squash

Broccoli Lettuce Artichoke Onion



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 TV/Movies Laptop

Tablet Phone 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 Playing soccer Hiking Dancing (including Just Dance) Playing football Swimming

Running Yoga

Walking quickly Playing tag Jumping rope Roller skating Playing basketball Skateboarding



SUGARY DRINKS

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

Fruit drinks Soda pop Sports drinks Lemonade Sweet tea luice

Flavored milk



