



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

# 5

## 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

# 2

## 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)

# 1

## 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

# 0

## 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