

Easy ways to achieve 5-2-1-0 Everyday!

<p style="text-align: center; font-size: 2em; color: green;">5</p> <p style="text-align: center; color: green;">Fruits & Veggies</p>	<p style="text-align: center; font-size: 2em; color: red;">2</p> <p style="text-align: center; color: red;">Hours or less screen time</p>	<p style="text-align: center; font-size: 2em; color: orange;">1</p> <p style="text-align: center; color: orange;">Hour or more physical activity</p>	<p style="text-align: center; font-size: 2em; color: blue;">0</p> <p style="text-align: center; color: blue;">Sweetened beverages & more water</p>
Make half your breakfast, lunch and dinner plate fruits and vegetables	Eat dinner together as a family	Make family time active time and go for a walk	Carry a stainless steel or BPA-free plastic water bottle around
Make a breakfast smoothie with lowfat yogurt, berries, banana, and a splash of 100% fruit juice or a yogurt parfait for dessert	Limit screen time and keep TVs out of the bedroom – role model too	Walk up and down a flight of stairs three times	Offer water, skim or 1% lowfat milk when children are thirsty
Brighten your meals with red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli	See who can do the most jumping jacks during a commercial; stretch or practice yoga	Walk or bike to school, or in the neighborhood	Choose 100% fruit juice and limit it to 4-8 ounces daily
Make a list of all the fruit and vegetables you like and those you'd like to try	Make one night a week family game night	Turn on some music and dance	Add lemon, lime, sliced cucumber or berries to water
Toss beans, chopped red cabbage, or sliced red peppers into salad	Cook a meal together	Explore a different community park each week	Offer and eat whole fruit instead of juice
Eat at least 2 different colored fruits and vegetables at each meal	Make one night a week family swim night	Find a trail to hike or bike on the weekend	Mix seltzer water or club soda with splash of favorite 100% fruit juice
For quick weekday snacks, cut up a bunch of fruits and veggies and put in clear containers in the fridge	Log screen time vs. active time in a notebook	Give children toys that encourage physical activity, such as a Frisbee or jump rope	Set a friendly reminder on your phone or computer to take a water break
Freeze fruits and vegetables to use as a nutritious treat	Offer to help kids with a new hobby or activity instead of TV	Set a friendly reminder on your phone or computer to take a walk or stretch break	Skip juice products labeled “-ade,” “drink,” or “punch”. They often contain 5% juice or less.
Add berries, banana, or peaches to your breakfast grain	Put a puzzle together	Find a new place to play at http://playspacefinder.kaboom.org	Skip sports drinks unless physically active for more than 90 minutes
Sip on vegetable soup	Play Simon says	Celebrate special occasions with something active	Use fun-shaped ice cubes, or fill trays with 100% juice
Start a container garden	Go to the library	Schedule it on the calendar	Brew tea

5-2-1-0 Everyday! Health Tracker

HOW WELL DID YOU DO?	<p style="text-align: center; font-size: 2em; color: green;">5</p> <p style="text-align: center; color: green;">Fruits & Veggies Go for color and write down all the fruits & veggies you ate</p>	<p style="text-align: center; font-size: 2em; color: red;">2</p> <p style="text-align: center; color: red;">Hours or less screen time Give yourself a star when you meet this</p>	<p style="text-align: center; font-size: 2em; color: orange;">1</p> <p style="text-align: center; color: orange;">Hour or more physical activity Write down activities you did and for how long</p>	<p style="text-align: center; font-size: 2em; color: blue;">0</p> <p style="text-align: center; color: blue;">Sweetened beverages & more water Give yourself a star when you drink water instead</p>
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				