Adapted from the 5-2-1-0 message promoted by the National Initiative for Children's Healthcare Quality (www.nichq.org)

5 or more servings of fruits and vegetables daily
3 structured meals daily—eat breakfast, less fast food, and more meals prepared at home
2 hours or less of TV or video games daily
1 hour or more of moderate to vigorous physical activity daily
Almost None

Limit sugar-sweetened drinks to “almost none”

Name: ___________________________________________________
Date: _________________

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