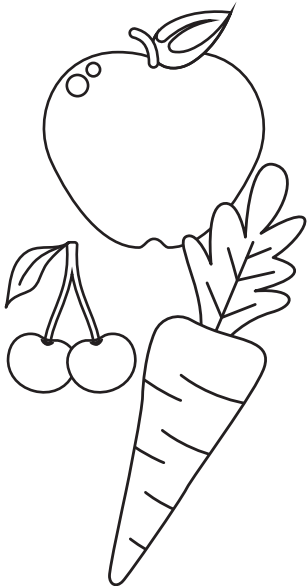


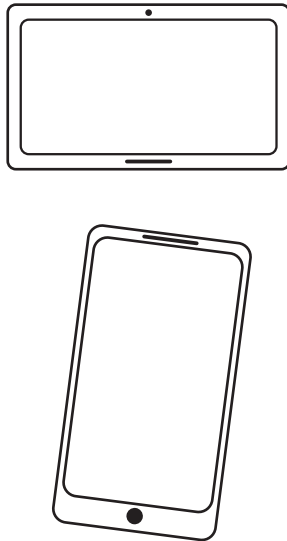
EVERY DAY, I NEED...



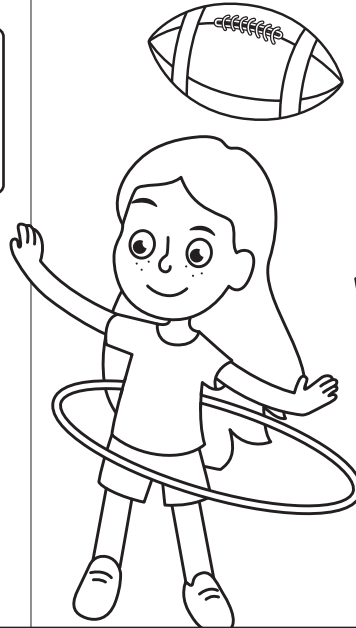
servings of
veggies and fruits



hours or less
of screen time



hour of
physical activity

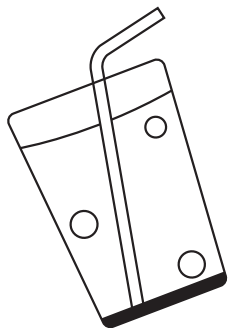


sugary
beverages

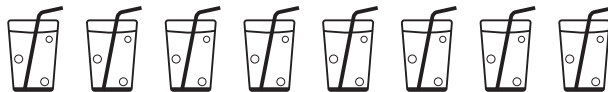


Every time
you drink a
cup of water,
color in a cup!

Try to drink 8 cups
of water every day



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



Ask an adult to help you explore
more about 5-2-1-0 at
peacehealth.org/kidshealth5210.