

Eat Well. Play Well. Drink Well.

5 FRUITS & VEGGIES

HEALTHY DOODLES:

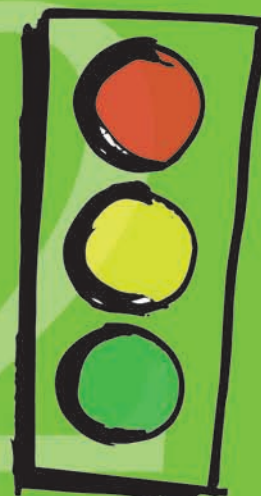
Draw that fruit or veggie you just enjoyed. Can you draw 5 every day?



Fill in the red for 2 hours.

Fill in the yellow for 1 1/2 hours.

Fill in the green for 1 hour or less.



2 HOURS OR LESS OF SCREEN TIME

KNOW YOUR NUMBERS:

Instead of spending so much time online, watching TV or playing video games, do these fun things for 30 minutes:

- Read a book
- Play a board game
- Create a work of art
- Practice an instrument

WHAT DAY IS IT?

We can do this!

1 HOUR OF PHYSICAL ACTIVITY

ACTIVE ARTS:

Choose a physical activity you love and do it for an hour or 15 minutes 4 times a day. Make sure to draw what you did in the spaces provided.



0 SUGAR-ADDED DRINKS

DRINK UP:

Every time you drink a glass of water or have a serving of low-fat milk, fill in a section of its container. Can you fill them to the top?