

# 's WEEKLY 5-2-1-0 TRACKER

Count and write down the total number of each 5-2-1-0 activity that you do each day. After one week, look back at how well you did. Celebrate your success!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Servings of fruit and vegetables you ate							
Minutes using TV, computer, tablet, phone or video games NOT for schoolwork							
Minutes physically active (heart beating faster)							
Cups, boxes, cans or bottles of sugary drinks you drank							

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Healthy Choices Count!



## WHAT IS 5-2-1-0?

5-2-1-0 Healthy Choices Count! helps keep Iowa kids healthy by focusing on the importance of good habits. And it all starts by encouraging them to eat and play the right way. It's how they can live 5-2-1-0!

- 5** or more fruits and vegetables
- 2** or less hours of screen-time
- 1** or more hours of physical activity
- 0** sugary drinks - choose water!



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