



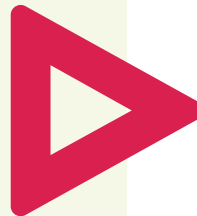
5

or more
**FRUITS &
VEGETABLES**



2

hours or less of
SCREEN TIME



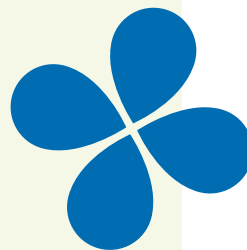
1

hour or more of
**PHYSICAL
ACTIVITY**



0

sugary drinks,
**MORE
WATER**



NV 5210 EVERY DAY!

Small Steps, Big Results