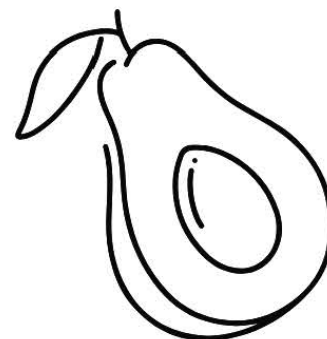
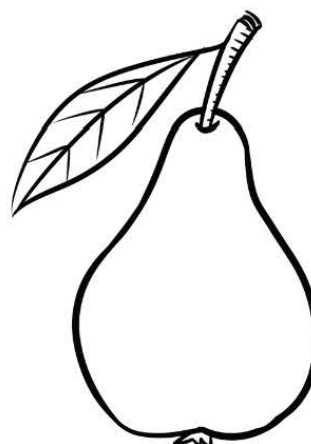
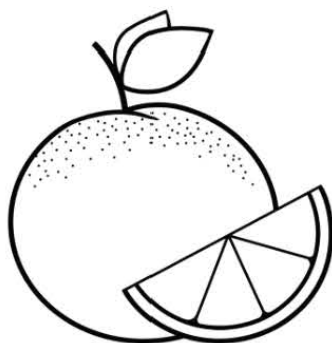
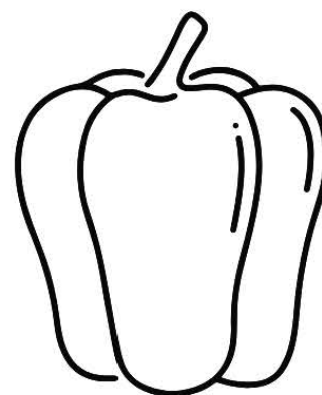
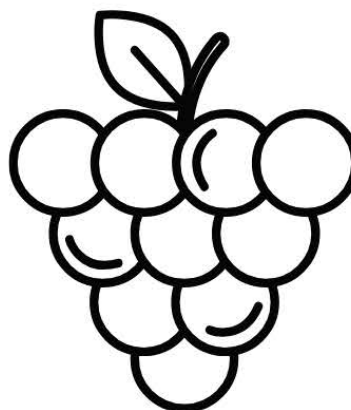
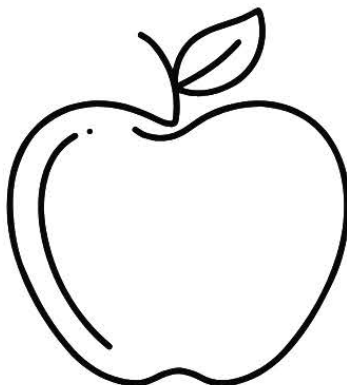
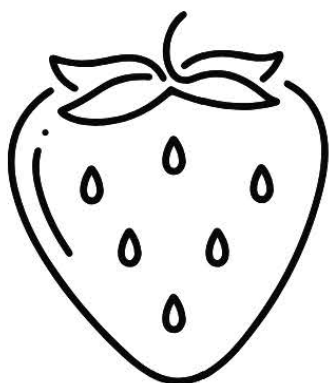
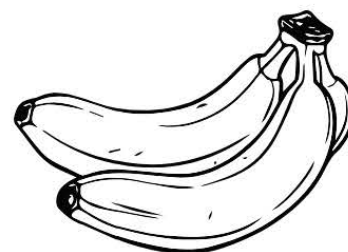
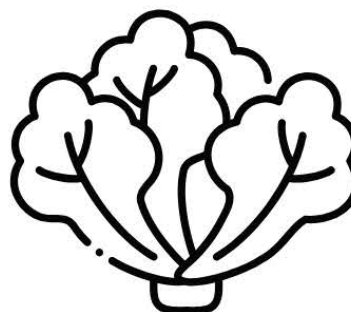
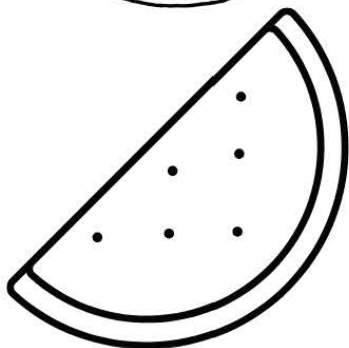
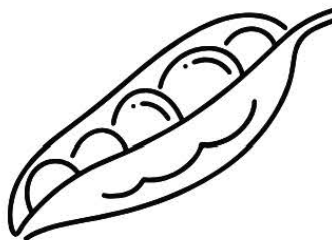
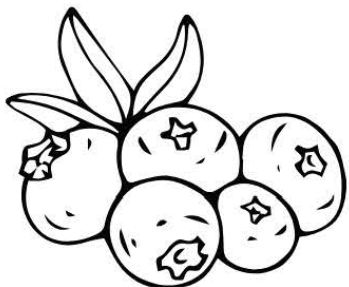
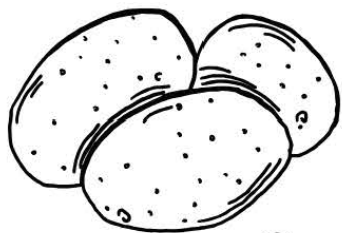


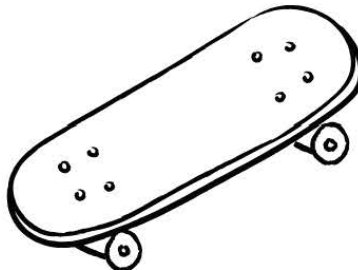
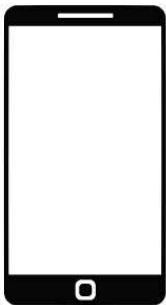
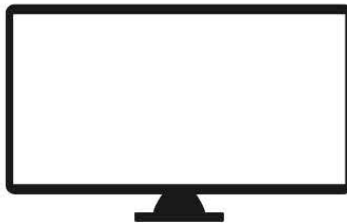
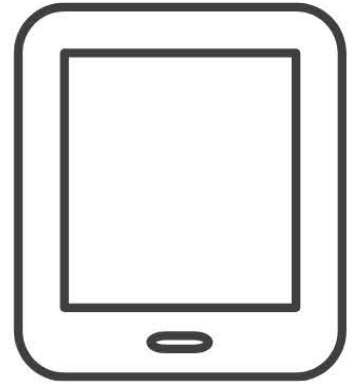
5

Eat 5 or more fruits and
vegetables a day.
Color your favorite 5.



2

Spend 2 hours or less on screens.
Circle all the ways you can engage
in screen-free activities.

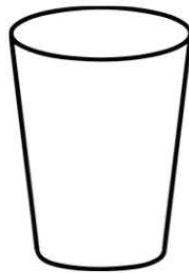
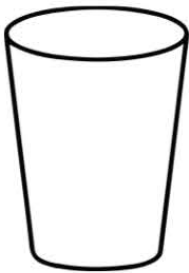
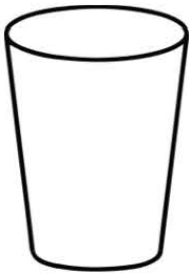


1

Doing one hour or more of physical activity a day can help keep your body healthy. What are some of your favorite ways to stay active? Draw a picture below.

O

Drinking water is a great way to stay hydrated and is a healthy alternative to sugary drinks. How many glasses of water do you drink a day?



You can add fresh fruits to your water to make it tasty, what are your favorites?

