

5-2-1-0 Health Tracker



Use this 5-2-1-0 Health Tracker to help your kids and family learn about and monitor their healthy eating and activity habits!



Aim for **FIVE** servings of brightly colored fruits and vegetables per day!

When tracking your food, keep portion sizes in mind:

- ONE serving of fruit is 1 medium fruit, 1/2 cup diced fruit or 3/4 cup 100 percent fruit juice (NO sugar added / sugar-free).
- ONE serving of a vegetable is 1/2 cup cooked vegetables or 1 cup raw vegetables.



Aim for no more than **TWO** hours of screen time per day!

Did you know?

- Children ages 8 to 18 spend more time (44.5 hours per week) in front of computer, television and game screens than any other activity in their lives except sleeping.
- A recent study found that children who watch more than three hours of television a day are 50 percent more likely to be obese than kids who watch fewer than two hours.



Aim for **ONE** hour of physical activity per day!

There are lots of ways for kids to be active:

- Kids don't have to take dance lessons or be on the soccer team to be active. Different children enjoy different activities. Find the activities that your child enjoys doing, and try to be a physically active role model.
- Include children in active chores, such as dog walking, house cleaning, car washing and yard work!
- Plan active weekends. Include biking, hiking, skating, walking or playing ball. Take a trip to the park, skating rink, zoo or swimming pool.







Aim for **ZERO** sweetened beverages per day!

Did you know?

- A 20-ounce bottle of cola contains 15 tsp. of sugar.
- One 8-ounce glass of whole milk has 150 calories and 8 grams of fat, but the same serving of 1 percent milk only has 100 calories and 2.5 grams of fat.
- The human body is 55 to 75 percent water.
- If your 5 year old typically drinks 3 cups of milk a day, switching to 1 percent milk would save her 150 calories a day – or 17 pounds of body weight in a year!
- The average American gets roughly 20 percent of his or her daily calories from beverages.

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Enter how well you did today!				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				