

October 2025

5-2-1 Almost None Challenge

The 5-2-1 Almost None method is used to help individuals strive for a healthy lifestyle. This simple and effective method can be used to promote and obtain a healthy lifestyle. The 5-2-1 Almost None method encourages the following behaviors:

- 5** - Eat 5 or more serving of fruits and vegetables per day.
- 2** - No more than 2 hours of screen time a day - not including work time.
- 1** - Complete 1 hour or more of physical activity per day.
- Almost None** - Drink almost no sugary beverages.

This month follow each weekly prompt, documenting as needed.

Name _____ Department _____

| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----|-----|-----|-----|-----|-----|-----|
| 10/1 - 10/4: Mark each time this week you eat a serving of fruits or vegetables. Strive for 5 per day. | | | | 1 | 2 | 3 | 4 |
| 10/5 - 10/11: Mark each hour of screen time (non-work related). Strive for 2 hours or less per day. | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 10/12 - 10/18: Mark each day you complete a physical activity. Strive for at least 1 hour per day. | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 10/19 - 10/25: Mark each time you consume a non sugar sweetened beverage. Strive for none . | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 10/26 - 10/31: Mark each time you eat a serving of fruit or vegetables, watch 2 hours or less of screen time, participate in 1 hour of physical activity and consume a non-sugar sweetened beverage. | 26 | 27 | 28 | 29 | 30 | 31 | |

Please submit completed challenge through interdepartmental mail to **Jenifer Pressley** at the Cullowhee Recreation Center by **November 7th**.