

March 2022

5-2-1 Almost None Challenge

Name: _____

Department: _____

For a healthy lifestyle, strive for daily:

- 5 servings of fruits or vegetables
- 2 hours or less of screen time (non-work related)
- 1 hour of physical activity
- Almost None—sugar sweetened beverages

Follow the weekly instructions below and tally your total at the end of each week.

3/1-3/5
Mark each time you eat a serving of fruits or vegetables. Strive for 5 each day.

3/6-3/12
Mark each hour of screen time you watch (non-work related). Strive for less than 2 hours each day.

3/13-3/19
Mark each time you participate in physical activity. Strive for 1 hour each day.

3/20-3/26
Mark each time you consume a non-sugar sweetened beverage.

3/27-3/31
Mark each time you eat a serving of fruit or vegetables, watch 2 hours or less of TV, participate in physical activity, and consume a non-sugar sweetened beverage.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			

Turn in completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by April 10, 2022