

March

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.

3/1-3/4
Mark each time you eat a serving of fruits or vegetables. Strive for 5 each day.

3/5-3/11
Mark each hour of screen time you watch (non-work related). Strive for less than 2 hours each day.

3/12-3/18
Mark each time you participate in physical activity. Strive for 1 hour each day.

3/19-3/25
Mark each time you consume a non-sugar sweetened beverage.

3/26-3/31
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 10th.