

## March 2024 – 5–2–1 Almost None Challenge

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.

Name: \_\_\_\_\_

Department: \_\_\_\_\_

**3/1—3/2** Mark each time you eat a serving of fruits or vegetables. Strive for 5 each day.

**3/3—3/9** Mark each hour of screen time you watch (non-work related). Strive for less than 2 hours each day.

**3/10—3/16** Mark each time you participate in physical activity. Strive for 1 hour each day.

**3/17—3/23** Mark each time you consume a non-sugar sweetened beverage.

**3/24—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
					1	2
3	4	5	6	7	8	9
10	11	12	13	17	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Turn in your completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by April 10th.