

5-2-1-Almost None Challenge

March 2020



3/1 - 3/7

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

3/8 - 3/14

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

3/15 - 3/21

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

3/22 - 3/31

Mark each time you consume a non-sugar sweetened beverage.

Sun	Mon	Tues	Wed	Thur	Fri	Sat	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					

Name: _____ Department: _____

Turn in completed log to **Jenifer Pressley** at **Cullowhee Recreation Center** through interdepartmental mail by **April 10, 2020**.