

# A Combination for Better Health



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

Date: \_\_\_\_\_

- 7** Start the day with breakfast 7 days a week.
- 5** Eat 5 servings of fruits and vegetables a day.
- 2** Keep screen time under 2 hours a day.
- 1** Be active for at least 1 hour a day.
- 0** Aim for 0 sugar-sweetened drinks.

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