5 2 1 Almost none

Activity:
The Passport to Health

Almost No
Sugary Drinks –
Drinks 2 or Less
per Week

5 or More Fruits and
Vegetables per Day

2 Hours or Less
Screentime per Day

1 Hour or More
Physical Activity per Day

Kick
Pedal
Slide
Bounce
Climb
Jump

Throw
Dance
Tag
Race
Catch

Spin
Glide
Dribble
Flip

Skate
Dunk
Groove
Swing
Hike

How do you do 5 - 2 - 1 -

Almost none?