

's Weekly 52/10 Tracker

Count and write down the total number of each 5-2-1-0 activity that you do each day. After two weeks, see how well you did at practicing 5-2-1-0. Celebrate your success! If you aren't sure what to write down, use the back of the page as a guide.

WEEK 1

WEEK 2

Use these lists to help you think of everything you ate, drank and did today to include on your tracker.

5

FRUITS

Try to eat five or more delicious fruits and veggies every day. These are just a few yummy examples!

| | |
|--------------|-------------|
| Grapefruit | Pineapple |
| Strawberries | Orange |
| Mango | Cranberries |
| Kiwi | Peach |
| Grapes | Banana |
| Apple | Watermelon |

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|--------------|
| Plum |
| Avocado |
| Blackberries |
| Pear |
| Blueberries |

VEGGIES

| | |
|--------------|-----------|
| Tomato | Pepper |
| Corn | Peas |
| Leafy greens | Asparagus |
| Spinach | Potato |
| Beet | Carrot |
| Broccoli | Lettuce |
| Onion | Artichoke |

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|---------------|
| Mushroom |
| Cabbage |
| Cauliflower |
| Zucchini |
| Winter Squash |

2

SCREEN TIME

Aim for two hours or less of recreational screen time on the devices listed below. Do not count the minutes you used these devices for homework or at school.

| | | |
|----------|--------|------------------------|
| Computer | Laptop | TV/Movies |
| Tablet | Phone | Video Games (any kind) |

1

PHYSICAL ACTIVITY

Physical activity is when you breathe hard during an activity. Try to get your heart rate up for one hour or more every day. Here are some ideas of activities:

| | |
|--------------------------------|------------------|
| Riding your bike | Playing soccer |
| Dancing (including Just Dance) | Playing football |
| Running | Yoga |
| Playing tag | Walking quickly |
| Jumping rope | Roller skating |
| Playing basketball | Skateboarding |

| |
|----------|
| Hiking |
| Swimming |

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SUGARY DRINKS

Avoid the sugary drinks listed below, and instead drink more water every day!

| |
|---------------|
| Soda pop |
| Juice |
| Flavored milk |

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|--------------|
| Fruit drinks |
| Lemonade |

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|---------------|
| Sports drinks |
| Sweet tea |

