

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

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FRUITS

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

Grapefruit
Strawberries
Mango
Kiwi
Grapes
Apple

Pineapple
Orange
Cranberries
Peach
Banana
Watermelon

Plum
Avocado
Blackberries
Pear
Blueberries

VEGGIES

Tomato
Corn
Leafy greens
Spinach
Beet
Broccoli
Onion

Pepper
Peas
Asparagus
Potato
Carrot
Lettuce
Artichoke

Mushroom
Cabbage
Cauliflower
Zucchini
Winter Squash

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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
Tablet

Laptop
Phone

TV/Movies
Video Games (any kind)

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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
Dancing (including Just Dance)
Running
Playing tag
Jumping rope
Playing basketball

Playing soccer
Playing football
Yoga
Walking quickly
Roller skating
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

Fruit drinks
Lemonade

Sports drinks
Sweet tea



Healthy Choices Count!