



-HEALTHY WASHOE-

# Healthy Habits. Healthy Life.

**PLAY THE 5-2-1-0 GAME:** COLOR A STAR EACH TIME YOU AIM FOR AND REACH ONE OF THE 5-2-1-0 GOALS.  
CAN YOU FILL THE ENTIRE GAMEBOARD?



Aim For  
at least  
vegetables  
and fruits  
a day – or  
more!



Aim For  
hours or  
less of  
screen  
time  
every  
day



Aim For  
or almost no  
sugary drinks



Aim For  
hour of  
physical  
activity every  
day