

Track your progress

UW Health Kids Fitness Clinic
621 Science Drive , Madison, WI 53711

uwhealth.org/fitkids
(608) 263-5210

5

GOAL: Eat more fruits and vegetables

Each ○ is one serving of fruits or vegetables.

WEEK 1

Monday ○○○○○
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2

GOAL: Limit recreational screen time

Each ○ is 30 minutes.

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GOAL: Play more

Each ○ is 10 minutes.

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GOAL: Limit sugar-sweetened beverages

Each ○ is an 8 oz. sugar-sweetened beverage.

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WEEK 2

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WEEK 3

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WEEK 4

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WEEK 5

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WEEK 6

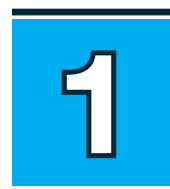
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Celebrate! Congratulations! You have worked hard and completed six weeks of 5-2-1-0. How do you feel? Let's keep practicing these habits to keep your body healthy.