

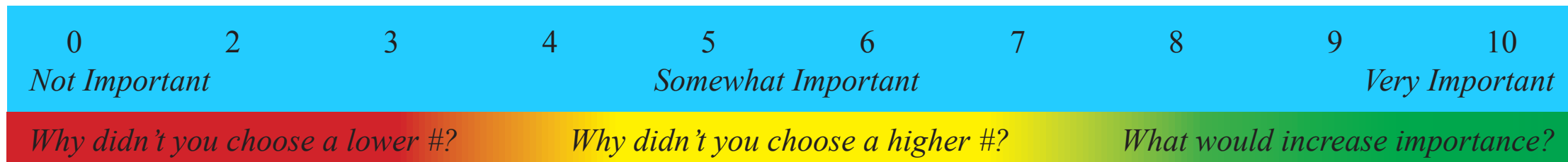


# How Ready Are You To 5210 Everyday?

- 5** or more servings of fruits & vegetables. Limit 100% juice.
- 2** hours or less of recreational screen time.
- 1** hour or more of moderate to vigorous physical activity.
- 0** sugary drinks! Restrict soda, sugar-sweetened sports & fruit drinks.

## IMPORTANCE

On a scale of 0-10, how important is it to you to make a change toward a healthier lifestyle?



## CONFIDENCE

On a scale of 0-10, how confident are you that you can succeed?

