

**5** or more  
**FRUITS &  
VEGETABLES**

hours or less of  
**RECREATIONAL  
SCREEN TIME** **2**

**1** hour or more of  
**PHYSICAL  
ACTIVITY**

sugary drinks,  
**MORE WATER** **0**

**5-2-1-0 EVERY DAY!**

MaineHealth  
**LET'S GO!**

**5-2-1-0**