



Live 5-2-1-Almost None!

It's time to get fit and stay sharp! Follow the 5-2-1-Almost None lifestyle for at least one week and you can get an autographed team print! Just follow these four easy steps every day:

- 5 - Eat five servings of fruits and veggies every day
- 2 - Spend less than two hours on leisure screen time (TV, video games, computer)
- 1 - Get one hour of active play every day
- Almost None - Drink almost none of those sugary beverages, like soda.

Circle the icons every day after completing each task. Then drop the form off to your camp counselor, or bring it to Fifth Third Field for your FREE autographed team print!

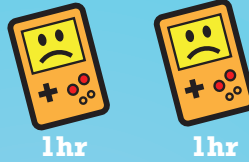
5 fruits and vegetables

<2 hours of screen time

1 hour of active play

Almost no sugary beverages

day 1



day 2



day 3



day 4



day 5



day 6



day 7



Sign here after the child completes the 5-2-1-Almost None chart. Fill out the form on the back and bring it to Fifth Third Field for your free autographed team print.

Adult Signature

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- 2 - Spend less than two hours on leisure screen time (TV, video games, computer)**
- 1- Get one hour of active play every day**
- Almost None - Drink Almost None of those sugary beverages, like soda.**

On the other side, circle the icons every day after completing each task. Then drop the form off to your camp counselor, or bring it to Fifth Third Field for your FREE autographed team print!

Child Name

Name of Summer Camp (if applicable)

School District

Grade

Parent/Guardian Name

Email Address



Public Health
Prevent. Promote. Protect.
Dayton & Montgomery County

