Take the **5.2.1.0 + 9** Challenge

1. **5** Eat 5 or more fruits and vegetables
2. **2** Limit recreational screen time to 2 hours or less
3. **1** Get 1 hour or more of physical activity
4. **0** Avoid sugar sweetened drinks
5. **9** Sleep 9 hours or more

**EVERY DAY!**

Ask your provider for more information.