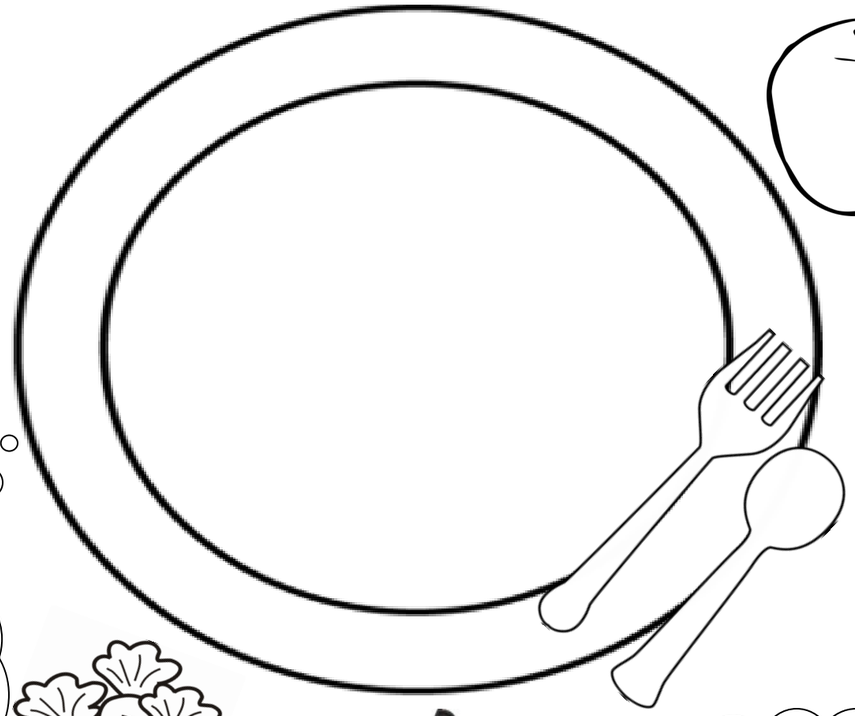
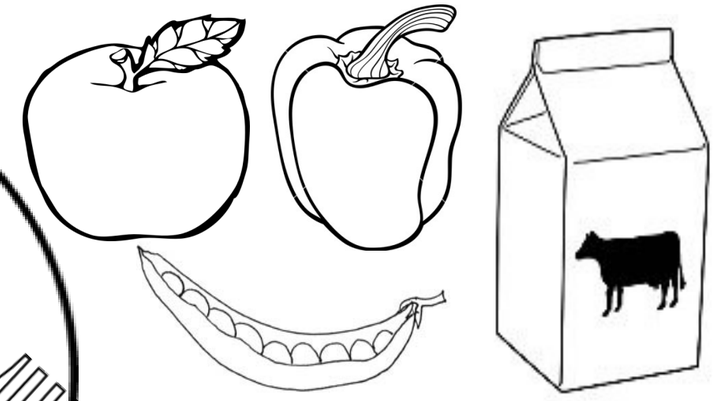
At least 5 servings of fruits and vegetables daily!

5

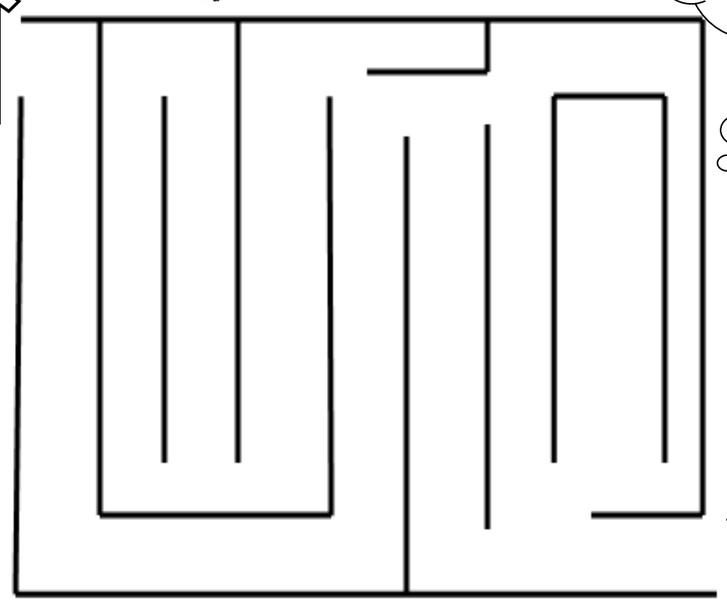
What do you like to eat?



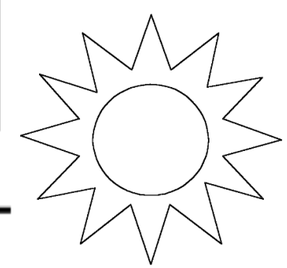


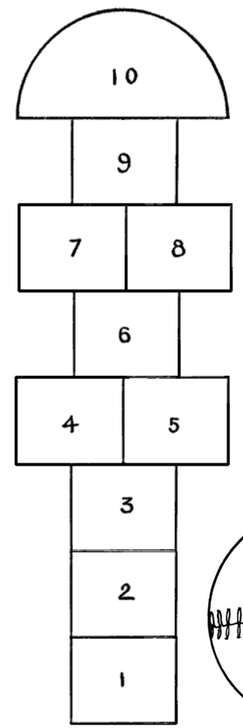
2 hours or less of screen time!

Find your way outside!



2





0 sugary drinks, more water & milk!

0

_ _ _ _ _
t a w r e

_ _ _ _
k m l i

_ _ _ _ _ _ _ _ _
s e l s g r u s a

1

Get 1 hour of activity everyday!

V	Y	V	D	D	I	V	R	C	Z	K	T	H	R	O	W
P	V	R	K	C	A	I	U	W	L	D	N	P	Q	Y	Q
U	Q	B	I	V	V	N	O	B	H	I	F	R	I	F	Q
B	K	H	G	D	R	V	C	M	S	B	M	B	G	L	I
Z	N	D	C	P	E	G	I	E	O	S	O	B	B	I	F
F	B	R	N	T	L	U	L	U	C	K	H	B	G	E	I
S	L	I	D	E	A	N	N	I	P	A	I	G	N	V	Y
Z	D	B	P	H	I	C	P	U	D	T	K	M	I	W	S
G	X	B	L	P	E	D	A	L	R	E	E	S	W	V	P
A	D	L	S	S	K	I	P	D	H	F	S	Y	S	L	N
W	I	E	H	I	K	I	C	K	D	O	C	W	A	V	I
F	E	C	A	R	Y	Y	P	J	T	F	P	Y	E	D	V

PLAY	FLIP
TOSS	SKIP
PEDAL	DRIBBLE
THROW	SKATE
KICK	DANCE
SWING	RUN
HOP	CLIMB
SWIM	RIDE
HIKE	CATCH
SPIN	RACE
GLIDE	BOUNCE
SLIDE	

5 2 1 0
EPHRATA GO!