



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
☐ # servings ☐ 2 hours < ☐ 1 hour + ☐ 0 servings	☐ # servings ☐ 2 hours < ☐ 1 hour + ☐ 0 servings	☐ # servings ☐ 2 hours < ☐ 1 hour + ☐ 0 servings	☐ # servings ☐ 2 hours < ☐ 1 hour + ☐ 0 servings	☐ # servings ☐ 2 hours < ☐ 1 hour + ☐ 0 servings	☐ # servings ☐ 2 hours < ☐ 1 hour + ☐ 0 servings	☐ # servings ☐ 2 hours < ☐ 1 hour + ☐ 0 servings
☐ # servings ☐ 2 hours < ☐ 1 hour + ☐ 0 servings	☐ # servings ☐ 2 hours < ☐ 1 hour + ☐ 0 servings	☐ # servings ☐ 2 hours < ☐ 1 hour + ☐ 0 servings	☐ # servings ☐ 2 hours < ☐ 1 hour + ☐ 0 servings	☐ # servings ☐ 2 hours < ☐ 1 hour + ☐ 0 servings	☐ # servings ☐ 2 hours < ☐ 1 hour + ☐ 0 servings	☐ # servings ☐ 2 hours < ☐ 1 hour + ☐ 0 servings
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Score **1 point** for each serving of a fruit or vegetable.

Score **2 points** for every day you had 2 hours or less of screen time (TV, computer, video games).

Score **2 points** for every day you were physically active for 1 hour or more.

Score **2 points** for every day you had zero (no) servings of sugar-sweetened drinks.

Score **2 bonus** points for each new fruit or vegetable you ate. List new fruits/vegetables:

Name: _____

Parent Signature: _____

Total Score: _____

Additional resources, skills, and strategies for parents are available at no cost through the online Thrive Initiative programming. Visit the Thrive website <https://thrive.psu.edu>, and sign up today!

Adapted from the 5210 Challenge on <https://5210.psu.edu>