



The Healthiest Way to Go!

Jacksonville

Family Pledge

The _____ family pledges our commitment to leading a healthier, more active life together. We further pledge to support each other in making healthy choices and will follow the principles of the 5-2-1-0 program whenever possible.

EVERY DAY, WE WILL TRY TO DO THE FOLLOWING:

5	2	1	0
EAT FIVE SERVINGS OF FRUITS AND VEGETABLES	TWO HOURS OR LESS OF SCREEN TIME	ONE HOUR OR MORE OF PHYSICAL ACTIVITY	ZERO SUGARY DRINKS

We agree to do our best to live a healthy life together as a family.

FAMILY MEMBERS



HealthiestWeight

