



FIT-TASTIC!



Make sure to get your card punched at each of the 5 areas to get your prize at check out!



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1 HOUR
OR MORE OF
**PHYSICAL
ACTIVITY**



2 HOURS
MAXIMUM OF
SCREEN TIME



3 SERVINGS
OF LOW OR NONFAT
MILK OR YOGURT



4 SERVINGS
OF **WATER**
NOT SUGARY DRINKS



5 SERVINGS
OR MORE OF
**FRUITS &
VEGETABLES**



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OR MORE OF
**PHYSICAL
ACTIVITY**



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MAXIMUM OF
SCREEN TIME



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