



DATE:

Servings of fruits  
and vegetables

1 2 3 4 5

Servings of water

1 2 3 4

Servings of low-fat dairy

1 2 3

Hours of screentime

1 2 (or less)

Hours of physical activity

1 (or more)

Visit [GoNebraskaKids.org](http://GoNebraskaKids.org)  
but don't stay long