

March 2025 – 5–2–1 Almost None Challenge

For a healthy lifestyle, strive for daily:

- 5 servings of fruits or vegetables
- 2 hours or less of screen time (non-work related)
- 1 hour of physical activity
- Almost None—sugar sweetened beverages

Follow the weekly instructions below and tally your total at the end of each week.

Name: _____

Department: _____

3/1—3/8 Mark each time you eat a serving of fruits or vegetables. Strive for 5 each day.

3/9—3/15 Mark each hour of screen time you watch (non-work related). Strive for less than 2 hours each day.

3/16—3/22 Mark each time you participate in physical activity. Strive for 1 hour each day.

3/23—3/29 Mark each time you consume a non-sugar sweetened beverage.

3/30—3/31 Mark each time you eat a serving of fruit or vegetables, watch 2 hours or less of TV, participate in physical activity, and consume a non-sugar sweetened beverage

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	17	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Turn in your completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by April 7th.