

准备、确定、开始 Ready, Set, Go

5

每天至少吃5种水果蔬菜

Eat at least 5 fruits and vegetables a day



2

每天看电视限制在2小时以内

Limit screen time to 2 hours a day



1

每天至少锻炼1小时

Get at least 1 hour of exercise a day



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不要喝普通汽水或果汁

No regular soda or juices

