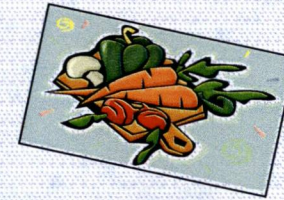


Ready, Set, Go

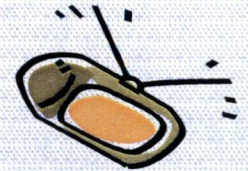
5

Manje omwen 5 fwi ak legim chak jou
Eat at least 5 fruits and vegetables a day



2

2 zè se limit tan pou tcheke chak jou
Limit screen time to 2 hours a day



1

Fè egzèsis pandan inè omwen chak jou
Get at least 1 hour of exercise a day



0

Pa bwè soda nòmral oswa ji
No regular soda or juices

