

5

2

1

**almost
none**

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5

Eat 5 or More Servings of
Fruits and Vegetables per Day

2

Watch 2 or Fewer Hours
of Screen Time per Day

1

Get 1 or More Hours of
Physical Activity per Day

**almost
none**

Drink Almost No Sugary
Beverages – 2 or Fewer
per Week

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5

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