



95210 for Health

Virtual Health Fair: March 21-27, 2021

Mark an "X" over the box when you reach your goal each day. At the end of the week email your completed form to **communityoutreach@valleyhealthlink.com** or text it to **540-533-6529** to receive a FREE 95210 t-shirt.

9

hours of sleep each day

Su	M	T	W	Th	F	Sa
----	---	---	---	----	---	----

5

fruits & veggies each day

Su	M	T	W	Th	F	Sa
----	---	---	---	----	---	----

2

hours or less of screen time each day

Su	M	T	W	Th	F	Sa
----	---	---	---	----	---	----

1

hour of activity each day

Su	M	T	W	Th	F	Sa
----	---	---	---	----	---	----

0

sugary drinks each day

Su	M	T	W	Th	F	Sa
----	---	---	---	----	---	----

Parent's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

T-shirt Size: _____



Healthier, together.