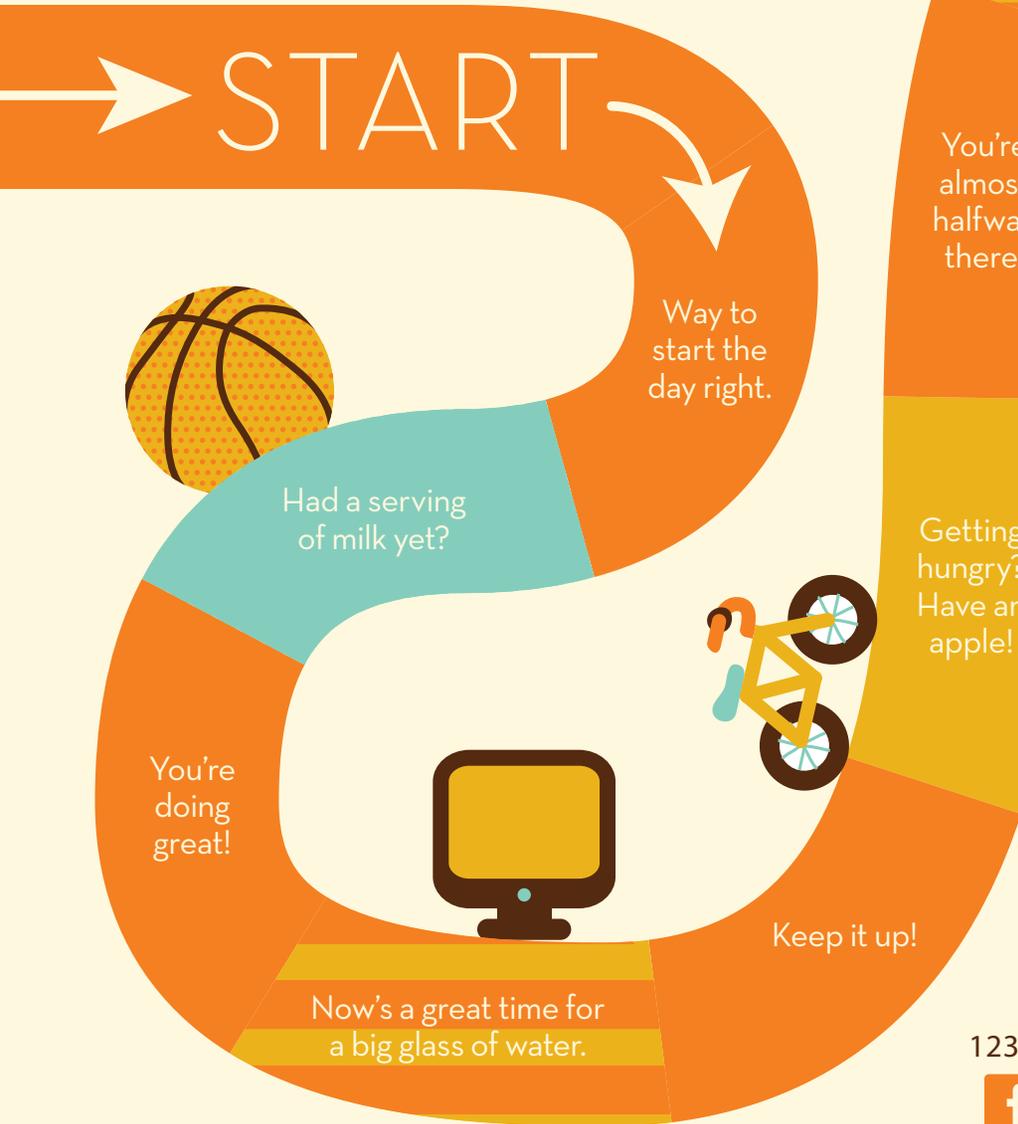


# FIT-TASTIC!

## TRACKER

Watch yourself get healthier day by day and keep track of it. Every time you complete a Fit-Tastic goal, move forward one space. Every glass of water, every serving of vegetables or fruit, every hour of activity counts. At the end of each day, you'll have taken 15 steps to make yourself healthier.



### FIT-TASTIC!

- 1** HOUR OR MORE OF PHYSICAL ACTIVITY
- 2** HOURS MAXIMUM OF SCREEN TIME
- 3** SERVINGS OF LOW OR NONFAT MILK OR YOGURT
- 4** SERVINGS OF WATER NOT SUGARY DRINKS
- 5** SERVINGS OR MORE OF FRUITS & VEGETABLES

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**1** HOUR  
OR MORE OF  
**PHYSICAL  
ACTIVITY**



**2** HOURS  
MAXIMUM OF  
**SCREEN TIME**



**3** SERVINGS  
OF LOW OR NONFAT  
**MILK OR YOGURT**



**4** SERVINGS  
OF **WATER**  
NOT SUGARY DRINKS



**5** SERVINGS  
OR MORE OF  
**FRUITS &  
VEGETABLES**

## HOW BIG IS A SERVING? ... HOW BIG IS YOUR KID?

Suggested serving sizes are based on average needs. Your child may need more or less than average. Don't be concerned if your child doesn't eat the exact amounts suggested.

SUGGESTED SERVING SIZES			
AGE	WATER	DAIRY	FRUITS & VEGETABLES
2-3 YRS*	1 CUP	3/4 CUP	AN AGE APPROPRIATE SERVING IS ABOUT THE SIZE OF THE FIST OF THE PERSON EATING IT.
4-8 YRS	1 1/4 CUP	1 CUP	
9-18 YRS	2 CUPS		

\*Some fruits and vegetables are easy for your child to choke on while eating. Check with your child's doctor to review choking hazards.

## REWARD HEALTHY HABITS

Reinforce your kids' healthy lifestyle with fun rewards. Visit our [pinterest page at pinterest.com/12345fittastic](https://pinterest.com/12345fittastic) for fun food ideas, games and other ways to make a healthy life fun for your kid.

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