**Healthy Homes, Healthy Futures**

*Road Map to Success*



**Daily Road Map to Success**

5 or more servings of fruits & vegetables daily

3 structured meals daily, no skipping breakfast

2 hours or less of TV time or video games

1 hour or more of moderate-vigorous physical activity daily

Almost no sugary beverages, drink more low fat milk and water

Healthy Homes Goal #1

Goals for the future

**Almost**

**None**

**1**

**2**

**3**

**5**

