

預備、就位、起跑 Ready, Set, Go

5

每天至少攝取5種水果和蔬菜

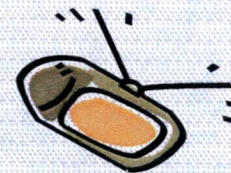
Eat at least 5 fruits and vegetables a day



2

每天看電視的時間限制為2小時

Limit screen time to 2 hours a day



1

每天至少做1小時的運動

Get at least 1 hour of exercise a day



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不喝一般汽水或果汁

No regular soda or juices

