



# 5210 FAMILY PLEDGE CERTIFICATE

Just like Doctor Fit, Captain Active and the entire 5-2-1-0 League, the

\_\_\_\_\_ Family  
pledges our commitment to leading a healthier, more active life together. We further pledge to support each other in making healthy choices and follow the principles of 5-2-1-0 whenever possible.

Every day, we'll try to do the following:



**FIVE SERVINGS OF  
FRUITS & VEGETABLES**



**TWO HOURS OR LESS  
OF SCREEN TIME**



**ONE HOUR OR MORE OF  
PHYSICAL ACTIVITY**



**ZERO SUGARY  
DRINKS**

We agree to do our best to live a healthy life together as a family and join the ranks of the 5-2-1-0 League.

\_\_\_\_\_  
FAMILY MEMBERS



Carolinas HealthCare System  
Levine Children's Hospital

*Dr. Fit*  
\_\_\_\_\_  
DOCTOR FIT

*Captain Active*  
\_\_\_\_\_  
CAPTAIN ACTIVE