



Well-Ahead Louisiana is an initiative started by the Louisiana Department of Health (LDH) aimed at improving the health and wellness of Louisiana residents. Well-Ahead Louisiana promotes and recognizes healthy choices in the spaces and places where we live and work every day. This makes it easier for us all to live healthier, happier lives from going tobacco-free, to ensuring healthy lunch options or to supporting workplace fitness programs.

5-2-1-0 Let's Go is a campaign promoting healthy workplace nutrition and creating environments that support healthy choices. This campaign is for employees and students and includes:

- 5 or more servings of fruits and vegetables per day
- 2 or fewer hours of recreational screen per day
- 1 or more hour of physical activity per day
- 0 soda or sweetened beverages per day

Establishing regular healthy habits can improve your longevity. Once healthy behaviors, like quitting smoking, getting regular exercise, or eating healthier — are entrenched into your regular schedule, you're more likely to do them consistently. Below is the 21-day challenge. Make a commitment to one or more of the 5-2-1-0 Let's Go initiatives to establish a new healthy habit in your life. Check mark each day you complete the task. This does not need to be 21 days in a row. Once you have completed the 21 day challenge, email this completed form to Nijel Baron with the LSUHSC Wellness Center at nbaron@lsuhsc.edu to receive a giveaway.

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
5 or more servings of fruits and vegetables																						
2 or fewer hours of recreational screen time																						
1 or more hour of physical activity																						
0 soda or sweetened beverages																						

Name: _____