

5181 RULE TO HEALTHY LIVING

Are you concerned about your own health or that of your family? The **5181 RULE**(@siahfriedcoach.com) can help. It's a simple, research-backed guide to healthy habits, reminding us to check in on essentials like sleep, fruits and veggies, exercise, and stress management. Following these core practices supports mental and physical well-being for everyone.



5 FRUITS & VEGGIES combined a day



1 hour of PHYSICAL ACTIVITY daily








8 hours of SLEEP



1 positive COPING TOOL practiced daily (at least)

The 5181 RULE is a simple, fun guide for boosting physical and mental health. Hang it on the fridge, share it with the family, and make healthy habits a daily routine. Try the 5181 Challenge: have each family member check off each rule daily and see who completes the most by week's end!

5181 Rule Challenge for Daily Health 	5 fruits/veggies 	1 hour of physical activity 	8 hours of sleep 	1 or more positive coping strategies 
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

