

# 5-2-1-0 Healthy Habits

AGES 10+

LET'S GO!

5-2-1-0

We want to know how you're doing! Please take a moment to answer these questions.

Your Name: \_\_\_\_\_ Age: \_\_\_\_\_ Today's Date: \_\_\_\_\_



1. How many servings of fruits and vegetables do you have a day? \_\_\_\_\_  
One serving = 1/2 cup of fruit (the size of a fruit cup), a piece of fruit the size of a tennis ball, or 1 cup of leafy greens (a small salad).



2. How many times a week do you eat together as a family? \_\_\_\_\_
3. How many days a week do you eat breakfast? \_\_\_\_\_
4. How many days a week do you eat takeout or fast food? \_\_\_\_\_
5. How much screen time do you have each day? Don't include school work. \_\_\_\_\_



6. Do you have a TV, video game console or keep a tablet or smartphone in your bedroom? \_\_\_\_\_
7. How many hours do you sleep each night? \_\_\_\_\_
8. How many days a week do you do physical activity that makes your heart beat faster? \_\_\_\_\_



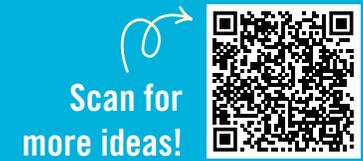
9. How many 8-ounce servings of these do you drink a day (about the size of a juice box)?
- \_\_\_\_\_ 100% juice    \_\_\_\_\_ Water    \_\_\_\_\_ Fruit or sports drinks    \_\_\_\_\_ Whole milk
- \_\_\_\_\_ Soda or punch    \_\_\_\_\_ Nonfat (skim), low-fat (1%) or reduced-fat (2%) milk

10. Based on your answers, is there ONE thing you would like to work on?
- Eat more fruits and vegetables     Eat together as a family more often     Eat less takeout/fast food
- Eat less sugar     Drink less soda, juice, energy drinks or punch     Drink more water     Be more active as a family
- Get more exercise     Be more active with friends     Spend less time watching TV or using a tablet/smartphone     Set a regular bedtime

Please share this form with your provider, then take it home with you. Thank you!

Turn this over for tips to get started. 

# Live 5-2-1-0 every day!



**5  
or more fruits  
and vegetables**

Want a quick snack? Grab a piece of fruit, some yogurt, a cheese stick, or whole grain crackers.

Add veggies to food when you can. Add things like cucumber, avocado, or sliced peppers to your sandwich or burger.

Keep washed and chopped veggies and fruits in the fridge so they are ready to grab and eat.

Add fruit to your cereal, pancakes, or other breakfast foods.

Try fruits and veggies with a dip such as salad dressing, yogurt, nut butter, or hummus.



**2  
hours or less of  
recreational screen time**

Put away your phone during meals. Make it a time for slowing down and catching up with family or friends.

Listen to music while you draw, journal, or craft.

Use less social media! Meet up in person to share a snack, play a game, or get some studying done.

Need to relax? Instead of a TV binge, find a great book.

Make your free time count. Help a neighbor, play a sport, or get outside!



**1  
hour or more of  
physical activity**

Take a quick break from studying for a jog, bike, or walk

Boost your mood by getting outside or moving around, alone, with a friend or even with your dog.

You can get outside year-round. Hike, bike, swim, sled, or skate to stay active!

Feeling stiff after sitting all day at school? Move your body by dancing to music or put on a yoga or exercise video and follow along.

Find a good health app and set some goals or challenges with your friends or family.



**0  
sugary drinks,  
more water**

Keep water with you. Carry a reusable bottle or bring some bottled water when you're away from home.

Fill a pitcher with water and keep it in the fridge.

Add fresh fruit or herbs (like mint or basil) to water for natural flavor. Try mixing flavors, like strawberry and lemon!

Try mixing seltzer with a splash of juice.

Drink a glass of water or milk instead of juice or soda.