5-2-1-0 Healthy Habits

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.
<table>
<thead>
<tr>
<th>5</th>
<th>or more fruits and vegetables</th>
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<tbody>
<tr>
<td>2</td>
<td>hours or less of recreational screen time</td>
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<tr>
<td>1</td>
<td>hour or more of physical activity</td>
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<td>sugary drinks, more water</td>
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**Live 5-2-1-0 every day!**

1. **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. **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!

3. **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.

4. **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.

Scan for more ideas!