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 is: 1/2 cup of fresh or frozen (the size of a fruit cup), 1 cup of leafy greens (a small salad), or a piece of fruit the size of a tennis ball.

2. How many times a week do you eat dinner at the table with your family? __________________________

3. How many times a week do you eat breakfast? ___________________________________________________

4. How many times 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 or keep a tablet or smartphone in your bedroom? ________________________________

7. How many hours do you sleep each night? ______________________________________________________

8. How much time each day do you spend being active? ____________________________________________
   This means you are breathing harder and your heart is beating faster.

9. How many 8-ounce servings of these do you drink a day?
   _____ 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 change now?
   ☐ Eat more fruits and vegetables  ☐ Eat with your family more often  ☐ Eat less fast food/takeout
    ☐ Drink less soda, juice, or punch  ☐ Drink more water  ☐ Be more active – get more exercise
    ☐ Spend less time watching TV or using a tablet/smartphone  ☐ Get more sleep

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>
<th>Want something quick? Grab a piece of fruit, some yogurt, a cheese stick, or whole grain crackers.</th>
<th>Squeeze in veggies where you can. Add things like cucumber, avocado, or sliced peppers to your sandwich or burger.</th>
<th>Keep washed and chopped veggies and fruits in the fridge so they are ready to grab and eat.</th>
<th>Add fruit to your cereal, pancakes, or other breakfast foods.</th>
<th>Try fruits and veggies with a dip such as salad dressing, yogurt, nut butter, or hummus.</th>
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<tbody>
<tr>
<td>2</td>
<td>hours or less of recreational screen time</td>
<td>Put away your phone during meals. Make it a time for slowing down and catching up with family or friends.</td>
<td>Put on some headphones or ear buds and listen to music while you draw, journal, or craft.</td>
<td>Forget social media! Meet up in person to grab a bite, play a game, or get some studying done.</td>
<td>Need to relax? Instead of a TV binge, find a great book.</td>
<td>Make your free time count. Help a neighbor, play a sport, or get outside!</td>
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<tr>
<td>1</td>
<td>hour or more of physical activity</td>
<td>Fit activity into your busy day. Play some music and dance while you get ready or do chores.</td>
<td>Grab a friend and make it fun! Walk or bike together and catch up on your day.</td>
<td>You can get outside year-round. Hike, bike, swim, sled, or skate to stay active!</td>
<td>Time for a study break? Walk around the block, or do some sit-ups and squats to get your blood flowing!</td>
<td>Challenge yourself! Try a new activity, sign up for a race, or learn a new skill in your favorite sport.</td>
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<td>0</td>
<td>sugary drinks, more water</td>
<td>Keep water on hand—carry a reusable bottle or bring some bottled water when you’re away from home.</td>
<td>Fill a pitcher with water and keep it in the fridge.</td>
<td>Add fresh fruit or herbs (like mint or basil) to water for natural flavor. Try mixing flavors, like strawberry and lemon!</td>
<td>Try mixing seltzer with a splash of juice.</td>
<td>Drink a glass of water or milk instead of juice or soda.</td>
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