



for Healthy Active Living

Name _____

Date _____

Ideas for Living a Healthy Active Life

- 5** Eat at least 5 fruits and vegetables every day.
- 2** Limit non-homework screen time (TV, video games, computer) to 2 hours or less per day.
- 1** Get 1 hour or more of physical activity every day.
- 0** Drink fewer sugar-sweetened drinks. Try water and low-fat milk instead.

My Goals (choose one you would like to work on first)

- Eat _____ fruits and vegetables each day.
- Get _____ minutes of physical activity each day.
- Reduce screen time to _____ minutes per day.
- Reduce number of sugared drinks to _____ per day.

Child or Parent/Teen

Doctor Signature

From Your Doctor

