

Let's Go! 5-2-1-0 Healthy Habits

AGES 10+



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 leafygreens (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 | |



Live 5-2-1-0 every day!



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.



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!



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.



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.