

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

AGES 2-9



We want to know how your child is doing! Please take a moment to answer these questions.

Child's Name: _____ Age: _____ Today's Date: _____



1. How many servings of fruits and vegetables does your child 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 does your child eat breakfast? _____

4. How many days a week does your child eat takeout or fast food? _____



5. How much screen time does your child have each day? Don't include school work. _____

6. Does your child have a TV, video game console or keep a tablet or smartphone in your bedroom? _____

7. How many hours does your child sleep each night? _____

8. How many days a week are you and your child physically active together, like running or jumping rope? _____

9. How many days a week does your child do physical activity that makes their heart beat faster? _____



10. How many 8-ounce servings of these does your child 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

11. Based on your answers, would any of these areas be helpful to your child & your family?

☐ Eat more fruits and vegetables ☐ Eat together as a family more often ☐ Eat less takeout/fast food

☐ Eat less sugar ☐ Drink less soda, juice, or punch ☐ Drink more water

☐ Be more active as a family ☐ Get more exercise ☐ Set a regular bedtime

☐ Spend less time watching TV or using a tablet/smartphone

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

Turn this over for tips to get started.



Help your child live 5-2-1-0 every day!



or more fruits
and vegetables

Give foods fun names,
like “x-ray vision
carrots” and “mighty
broccoli trees.”

Add veggies to foods
you already make
like pasta, soups,
casseroles, pizza.

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

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

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



hours or less of
recreational screen time

Put away phones and
turn off the TV during
meals. Make meals
a time to sit and talk
about the day.

Have craft items ready
to go. You can even
find supplies in your
recycling bin!

Stock up on books,
coloring sheets, and
board games. Print
free activity sheets
from the internet.

Create an obstacle
course with chairs,
blankets, and other
household items.

Play hide and seek!



hour or more of
physical activity

Try to do something
new, check out a
different playground,
or explore a new park
or trail.

Play with a balloon
to keep your child
moving. Try to keep
it from touching the
floor!

Turn on music
and have a family
dance party.

Go for a hike on trails
or in the park. Look
for animal tracks or
collect leaves and
stones.

Try an outdoor
scavenger hunt to
add fun to your next
walk or hike. Search
online for ideas!



sugary drinks,
more water

Freeze fruit, like
berries, in ice cubes.
Watch your water
change color as they
melt!

Use cool cups, bottles,
or straws to make
water extra fun!

Add fresh fruit or
herbs to water for
natural flavor. Try
mixing flavors, like
watermelon and mint.

Try mixing seltzer
with a splash of juice.

Suggest a glass of
water or milk instead
of juice.