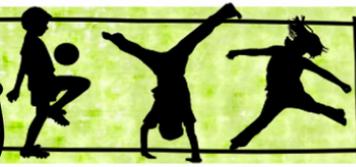


5-2-1-0 Healthy Living



Daily Goals for Healthy Living

5 - fruits and vegetables.



2 - hours or less of screen time (tv, video games, computer)

1 - hour or more of active play.

0 - sugar drinks. Drink more water & low-fat milk.



Choose a goal (when you meet one goal, start another one):

___ fruits and vegetables

___ minutes of active play

___ minutes screen time

___ sugar drinks

The 5-2-1-0 approach has been adopted by the American Academy of Pediatrics.

Patient Signature & Date