





HEALTHY LIVING



Daily Goals for Healthy Living

-  5 fruits and vegetables.
-  1 hour or less of screen time (tv, video games, computers).
-  1 hour or more of active play.
-  0 sugar drinks. Drink more water and low-fat milk.
-  10 hours of sleep each night.

Choose a Goal:

(When you meet one goal, start another one)

-  fruits and vegetables
-  minutes screen time
-  minutes active play
-  sugar drinks
-  hours of sleep

Patient Signature & Date

