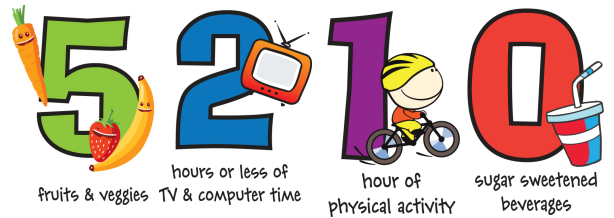


# HEALTHY HABITS FOR WELL CHILD VISITS

(Ages 9 - 18)



Your answers will provide valuable information for your healthcare provider and will help to evaluate your overall health. **Please complete and give to your healthcare provider.**

Your Name \_\_\_\_\_ Age \_\_\_\_\_ Today's Date \_\_\_\_\_

1. \_\_\_\_\_ How many servings of fruits and vegetables do you eat each day? (one serving equal to the size of the palm of your hand).
2. \_\_\_\_\_ How many times a week do you eat dinner at the table with the family?
3. \_\_\_\_\_ How many times a week do you eat breakfast?
4. \_\_\_\_\_ How many times a week do you eat take-out or fast food?
5. \_\_\_\_\_ How many hours a day do you watch TV/movies or play video/computer games?
6. \_\_\_\_\_ Do you have a TV in the room you sleep in?
7. \_\_\_\_\_ Do you have a computer in the room you sleep in?
8. \_\_\_\_\_ How much time a day do you spend in active play? (Faster breathing/heart rate or sweating).
9. \_\_\_\_\_ How many 8 oz. (1 cup) servings of the following do you drink a day?  
\_\_\_\_\_ 100% juice      \_\_\_\_\_ Fruit juice or sports drinks      \_\_\_\_\_ Soda or punch  
\_\_\_\_\_ Water      \_\_\_\_\_ Whole/2% milk      \_\_\_\_\_ Nonfat or skim milk

Based on your answers, is there **ONE** thing you would like to change now?

- Eat more fruits and vegetables.
- Spend less time watching TV/movies and playing video/computer games.
- Take the TV/computer out of the bedroom.
- Eat less fast food/takeout.
- Drink less soda, fruit juice and/or sports drinks.
- Be more active.
- Eat breakfast every morning.
- Eat dinner at the table with family.

5-2-1-0 was developed by the American Medical Association, the Centers for Disease Control and Prevention, and the Maternal and Child Health Bureau to address America's health crisis of overweight and obese children and families.