

R_e for Healthy Habits



Name _____ Date _____

Daily Suggestions for a Healthier Lifestyle

- 5 Eat at least 5 fruits and vegetables
- 2 Limit screen time (TV, video games, computer) to 2 hours or less
- 1 Get 1 hour or more of physical activity
- 0 Drink fewer sugar-sweetened drinks. Try water and low-fat milk instead.
- 8 Get at least 8 hours of sleep each night

My Daily 5-2-1-0=8 Goals

- | | |
|---|--|
| <input type="checkbox"/> Eat _____ fruits and vegetables | <input type="checkbox"/> Reduce sugary drinks to _____ |
| <input type="checkbox"/> Reduce screen time to _____ minutes | <input type="checkbox"/> Sleep at least _____ hours |
| <input type="checkbox"/> Get _____ minutes of physical activity | |

From Your Doctor

Patient or Parent/Guardian signature

Doctor signature