

Name _____ Date _____

R_x for Healthy Active Living

Make 5210 your goal every day:

- 5** Fruits & vegetables - more matters! Eat fruits and vegetables at least 5 times a day.
- 2** Cut screen time to 2 hours or less a day - including TV, computer use, and video games.
- 1** Be physically active at least 1 hour every day. Exercise, play, move and have fun!
- 0** No soda or sugar-sweetened drinks. Instead, drink water and 3-4 servings a day of non-fat or 1% milk.

My Goals: (choose one you would like to work on first)

- Eat _____ fruits & vegetables each day
- Cut screen time to _____ minutes per day
- Get _____ minutes of physical activity each day
- Replace sugary drinks with water or fat-free milk

From My Doctor:

Patient or parent/guardian signature

Doctor signature

