

5-2-1-0 Healthy Habits

AGES 10+



We want to know how you're doing! Please take a moment to answer these questions.

Your Name: _____ Age: _____ Today's Date: _____



1. How many servings of fruits and vegetables do you have a day? _____

One serving is: 1/2 cup of fresh or frozen (the size of a fruit cup), 1 cup of leafy greens (a small salad), or a piece of fruit the size of a tennis ball.

2. How many times a week do you eat dinner at the table with your family? _____

3. How many times a week do you eat breakfast? _____



4. How many times a week do you eat takeout or fast food? _____

5. How much screen time do you have each day? *Don't include school work.* _____

6. Do you have a TV or keep a tablet or smartphone in your bedroom? _____



7. How many hours do you sleep each night? _____

8. How much time each day do you spend being active? _____

This means you are breathing harder and your heart is beating faster.

9. How many 8-ounce servings of these do you drink a day?

_____ 100% juice _____ Water _____ Fruit or sports drinks _____ Whole milk

_____ Soda or punch _____ Nonfat (skim), low-fat (1%) or reduced-fat (2%) milk



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

Eat more fruits and vegetables Eat with your family more often Eat less fast food/takeout

Drink less soda, juice, or punch Drink more water Be more active – get more exercise

Spend less time watching TV or using a tablet/smartphone Get more sleep

MaineHealth

LET'S GO!

Please share this form with your provider, then take it home with you. Thank you! Turn this over for tips to get started. 

5-2-1-0

Live 5-2-1-0 every day!



**5
or more fruits
and vegetables**

Want something quick? Grab a piece of fruit, some yogurt, a cheese stick, or whole grain crackers.

Squeeze in veggies where you can. Add things like cucumber, avocado, or sliced peppers to your sandwich or burger.

Keep washed and chopped veggies and fruits in the fridge so they are ready to grab and eat.

Add fruit to your cereal, pancakes, or other breakfast foods.

Try fruits and veggies with a dip such as salad dressing, yogurt, nut butter, or hummus.



**2
hours or less of
recreational screen time**

Put away your phone during meals. Make it a time for slowing down and catching up with family or friends.

Put on some headphones or ear buds and listen to music while you draw, journal, or craft.

Forget social media! Meet up in person to grab a bite, play a game, or get some studying done.

Need to relax? Instead of a TV binge, find a great book.

Make your free time count. Help a neighbor, play a sport, or get outside!



**1
hour or more of
physical activity**

Fit activity into your busy day. Play some music and dance while you get ready or do chores.

Grab a friend and make it fun! Walk or bike together and catch up on your day.

You can get outside year-round. Hike, bike, swim, sled, or skate to stay active!

Time for a study break? Walk around the block, or do some sit-ups and squats to get your blood flowing!

Challenge yourself! Try a new activity, sign up for a race, or learn a new skill in your favorite sport.



**0
sugary drinks,
more water**

Keep water on hand—carry a reusable bottle or bring some bottled water when you're away from home.

Fill a pitcher with water and keep it in the fridge.

Add fresh fruit or herbs (like mint or basil) to water for natural flavor. Try mixing flavors, like strawberry and lemon!

Try mixing seltzer with a splash of juice.

Drink a glass of water or milk instead of juice or soda.