

5-2-1-0 Healthy Habits

AGES 2-9



We want to know how your child is doing! Please take a moment to answer these questions.

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



1. How many servings of fruits and vegetables does your child 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 does your child eat dinner at the table with the family? _____

3. How many times a week does your child eat breakfast? _____



4. How many times a week does your child eat takeout or fast food? _____

5. How much screen time does your child have each day? *Don't include school work.* _____

6. Does your child have a TV or keep a tablet or smartphone in their bedroom? _____



7. How many hours does your child sleep each night? _____

8. How much time each day does your child spend being active? _____

This means they are breathing harder and their heart is beating faster.

9. How many 8-ounce servings of these does your child 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 help your child 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!

5-2-1-0

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

Help your child live 5-2-1-0 every day!



5
or more fruits
and vegetables

Give foods fun names, like “x-ray vision carrots” and “mighty broccoli trees.”

Add veggies to foods you already make like pasta, soups, casseroles, pizza.

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

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

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



2
hours or less of
recreational screen time

Put away phones and turn off the TV during meals. Make it a time to sit and talk about the day.

Have craft items ready to go. You can even find supplies in your recycling bin!

Stock up on books, coloring sheets, and board games. Print free activity sheets from the internet.

Create an obstacle course with chairs, blankets, and other household items.

Play hide and seek!



1
hour or more of
physical activity

Try jump ropes and hula hoops to keep the whole family active.

Use a balloon to keep your child moving. Try to keep it from touching the floor!

Turn on music and have a family dance party.

Go for a hike on trails or in the park. Look for animal tracks or collect leaves and stones.

Get outside and ride bikes or play tag. Look up different tag games online.



0
sugary drinks,
more water

Freeze fruit, like berries, in ice cubes. Watch your water change color as they melt!

Use cool cups, bottles, or straws to make water extra fun!

Add fresh fruit or herbs to water for natural flavor. Try mixing flavors, like watermelon and mint.

Try mixing seltzer with a splash of juice.

Suggest a glass of water or milk instead of juice.