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 = 1/2 cup of fruit (the size of a fruit cup), a piece of fruit the size of a tennis ball, or 1 cup of leafy greens (a small salad).

2. How many times a week do you eat together as a family? ___________________________

3. How many days a week does your child eat breakfast? ___________________________

4. How many days a week does your child eat takeout or fast food? ___________________________

5. How much screen time does your child have each day? Don’t include schoolwork. ___________________________

6. Does your child have a TV, video game console or keep a tablet or smartphone in their bedroom? _______

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

8. How many days a week are you and your child physically active together, like running or jumping rope? _____

9. How many days a week does your child do physical activity that makes their heart beat faster? _______

10. How many 8-ounce servings of these does your child drink a day (about the size of a juice box)?
   _____ 100% juice     _____ Water     _____ Fruit or sports drinks     _____ Whole milk
   _____ Soda or punch     _____ Nonfat (skim), low-fat (1%) or reduced-fat (2%) milk

11. Based on your answers, would any of these areas be helpful to your child & your family?
   ☐ Eat more fruits and vegetables    ☐ Eat with your family more often    ☐ Eat less fast food/takeout
   ☐ Eat less sugar    ☐ Drink less soda, juice, or punch    ☐ Drink more water    ☐ Be more active as a family
   ☐ Get more exercise    ☐ Spend less time watching TV or using a tablet/smartphone    ☐ Set a regular bedtime

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 meals 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 to do something new, check out a different playground, or explore a new park or trail.
  - Play with 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.
  - Try an outdoor scavenger hunt to add fun to your next walk or hike. Search online for ideas!

### **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.