Ideas for Living a Healthy Active Life

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

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

☐ Eat _________ fruits and vegetables each day.
☐ Get _________ minutes of physical activity each day.
☐ Reduce screen time to _________ minutes per day.
☐ Reduce number of sugared drinks to _________ per day.

From Your Doctor

Patient or Parent/Guardian signature

Doctor signature

American Academy of Pediatrics
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