

Lifestyle Questionnaire

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



1. How many servings of fruits and vegetables does your child have a day?

0 1-2 3-4 5+



1 small fruit = tennis ball



1c leafy greens = baseball



1/2c fruit or veg = cupcake wrapper

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

0-1 2-4 5-7

3. How many times a week do you eat a home-cooked meal together as a family?

0-1 2-4 5-7

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

0-1 2-4 5-7



5. How much screen time (TV, video games, computer, tablet, or smartphone) does your child have each day (not including schoolwork)?

0-60 minutes 1-2 hours 2+ hours

6. Does your child have any screens (TV, video game console, or smartphone, etc.) in their bedroom? Yes No



7. How many days a week is your child physically active?

0 1-2 3-4 5+

8. How many days a week does your child do physical activity that makes their heart beat faster like running or jumping rope?

0 1-2 3-4 5+



9. How many 8-ounce servings of plain water does your child drink a day? _____



10. How many 8-ounce servings of these does your child drink a day? 8 oz serving = 1 juice box

_____ 100% juice _____ Fruit or sports drinks
 _____ Whole milk _____ Nonfat (skim), low-fat (1%) or reduced-fat (2%) milk
 _____ Soda or punch



11. How many hours does your child sleep each night?

0-6 hours 7-9 hours 10+ hours Unsure

Based on your answers, talk to your provider about any of these actions that may be helpful to you and your family.

- | | | |
|---|--|---|
| <input type="checkbox"/> Eat more fruits and vegetables | <input type="checkbox"/> Eat together as a family more often | <input type="checkbox"/> Be more active |
| <input type="checkbox"/> Eat less takeout or fast food | <input type="checkbox"/> Drink less soda, juice, or punch | <input type="checkbox"/> Drink more water |
| <input type="checkbox"/> Spend less time on screens | <input type="checkbox"/> Set a regular bedtime | |

5-2-1-0+10

Healthy Tips for Your Child



Add veggies to foods like pasta, soups, and pizza.

Keep washed fruit on the counter to make it easier to grab and go.

Try chopped veggies with dip such as salad dressing, nut butter, or hummus.



Make meal times screen free.

Choose educational or active screen time choices.

Read a book, play with toys, or do a puzzle.



Go outside to be active! Throw a ball, go for a walk, or play tag.

Play your favorite sport.

Create a dance routine to your favorite song.



Freeze fruit with water in ice cube trays to add colors and flavor to water!

Cut juice with plain or sparkling water.

Use fun cups and straws.



Set a regular bedtime.

Avoid screens an hour before going to sleep.

Get into a bedtime routine.

For more information: www.greauxhealthy.org

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