

# 5210+10 for the Win!



We want to know how you are doing! Read and answer the questions.

1. How many servings of fruits and vegetables do you eat each day?

☐ 0 ☐ 1-2 ☐ 3-4 ☐ 5+



2. How much screen time (TV, video games, computer, tablet, or smartphone) do you have each day (not including schoolwork)?

☐ 0-60 minutes ☐ 1-2 hours ☐ 2+ hours

3. How many minutes of physical activity do you do each day?

☐ 0 minutes ☐ 1-30 minutes ☐ 31-60 minutes ☐ 60+ minutes

4. How many 8-ounce servings of these do you drink each day?

\_\_\_\_\_ 100% juice \_\_\_\_\_ Flavored milk (chocolate, strawberry, etc.)  
\_\_\_\_\_ Soda or punch \_\_\_\_\_ Fruit or sports drinks



8 oz serving =  
1 juice box

5. How many hours do you sleep each night?

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

Please share this form with your provider,  
then flip the page over for 5210+10 daily  
health tips.

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# 5210+10 Healthy Tips for the Win!

| Daily Goals                                   |  |  |  |
|---|--|--|--|
| <b>5</b><br>or more fruits and vegetables     |  <p>Add veggies to foods like pasta, soups, and pizza.</p>                                  |  <p>Keep washed fruit on the counter to make it easier to grab and go.</p> |  <p>Try chopped veggies with dip such as salad dressing, nut butter, or hummus.</p> |
| <b>2</b><br>hours or less of screen time      |  <p>Make meal times screen-free.</p>  | <p>Choose educational or active screen time choices.</p>                  |  <p>Read a book, play with toys, or do a puzzle.</p>                                |
| <b>1</b><br>hour or more of physical activity | <p>Go outside to be active! Throw a ball, go for a walk, or play tag.</p>                 | <p>Play your favorite sport.</p>   |  <p>Create a dance routine to your favorite song.</p>                             |
| <b>0</b><br>sugary drinks                     | <p>Freeze fruit with water in ice cube trays to add colors and flavor to your water!</p>  |  <p>Cut juice with plain or sparkling water.</p>                         |  <p>Use fun cups and straws.</p>  |
| <b>+10</b><br>hours of sleep at night         |  <p>Set a regular bedtime.</p>  | <p>Avoid screens an hour before going to sleep.</p>                      | <p>Get into a bedtime routine.</p>    |

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