

5210+10 for the Win!

Ages 10+

Pennington Biomedical
**Greaux
Healthy** 



or more fruits
and vegetables



hours or less
of screen time



hour or more of
physical activity



sugary
drinks



hours of sleep
at night

We want to know how your child is doing! Read and answer the questions.

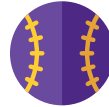
1. How many servings of fruits and vegetables do you eat each day?

☐ 0 ☐ 1-2 ☐ 3-4 ☐ 5+



**common
serving sizes:**

**1 small fruit =
tennis ball**



**1c leafy greens =
baseball**



**1/2c fruit or veg =
cupcake wrapper**

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.**

**To learn more, visit www.greauxhealthy.org
or scan the QR code.**



5210+10 Healthy Tips for the Win!

Daily Goals				
5 or more fruits and vegetables	 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. 	
2 hours or less of screen time	 Make meal times screen-free.	Choose educational or active screen time choices. 	 Read a book, play with toys, or do a puzzle.	
1 hour or more of physical activity	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.	
0 sugary drinks	Freeze fruit with water in ice cube trays to add colors and flavor to your water! 	 Cut juice with plain or sparkling water.	 Use fun cups and straws.	
+10 hours of sleep at night	 Set a regular bedtime.	Avoid screens an hour before going to sleep. 	Get into a bedtime routine. 	

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[@greaux_healthy](https://www.instagram.com/greaux_healthy) [X/greauxhealthy](https://www.x.com/greauxhealthy) [in/company/greaux-healthy](https://www.linkedin.com/company/greaux-healthy)