



Rx for Healthier Living

IDEAS FOR HEALTHIER LIVING

- 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 HEALTHY LIFESTYLE GOALS

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

Patient name

Patient or Parent/Guardian signature

Doctor signature

Date



*America's Move to Raise a
Healthier Generation of Kids*

www.LetsMove.gov