5-2-1-0 Healthy Habits

Healthy habits start at home and take time to develop. This 5-2-1-0 Tip Sheet and Tracker can help you and your family adopt better habits.

**Aim for FIVE or more servings of fruits and vegetables per day!**
Fruits and vegetables are the basis of a healthy eating plan. Studies show they help to stop disease and make it easier to keep a healthy weight. To help get more servings:

- Keep a plate of fresh cut veggies with low-fat dip in the fridge and a fruit bowl on your kitchen counter
- Have a fruit or veggie with every meal or snack
- Enjoy stir fry for dinner and fruit smoothies for breakfast

**Try for at least ONE hour of physical activity per day!**
Your body is designed to move. Being active is important to keeping your body healthy. It may help you handle stress, keep a healthy weight and stop disease. How can kids move more?

- Join a sports team or take an active class like gymnastics, karate or swimming
- Turn up the tunes and have a dance party
- Get outside! Hike, bike, jog, skate, play tag and flag football
- Don’t forget about playing catch, jumping rope and hula hooping

**Shoot for no more than TWO hours of screen time per day!**
TV, Internet, smartphones and video games are all fighting for your attention. Too much non-school (or non-work) screen time can lead to attention problems, trouble sleeping and being overweight. To unplug:

- Track how much non-work and non-school time your family spends in front of a screen
- Turn off the TV and remove phones from the table during mealtimes
- Keep TVs, computers and smart phones out of bedrooms

**Aim for ZERO sweetened beverages per day!**
Think before you drink! Sugary drinks can lead to excess weight, diabetes and other health problems.

- Soda has no nutritional value and a 20-ounce bottle has 15 teaspoons of sugar!
- Make water your first choice – try it with slices of fresh fruit or a squirt of lemon
- The only juice you should drink should contain 100 percent fruit juice
- Children over the age of two should drink non-fat (skim) or low-fat (1 percent) milk
**Healthy Habits Tracker**

Healthy habits take time to develop. Over the next four weeks challenge yourself to make healthier choices.

When you complete a healthy habit each day, check the box for a job well done!

<table>
<thead>
<tr>
<th>Use this tracker to see how well you do every day.</th>
<th>5 Fruits and Vegetables</th>
<th>2 Hours or Less Screen Time</th>
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To print additional trackers visit hap.org/health/children