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