





Healthy Lifestyle Worksheet

It's important for your medical team to know how ready you are to make changes to improve your health. The following information can help you and your provider talk about steps you can take to move toward a healthier lifestyle for you and your family.

Ideas for Change	
<p>5 – Eat at least 5 servings of fruits and vegetable on most days. Try one new vegetable or fruit each week Add fruit to my cereal everyday Choose a fruit for a snack Change from fruit juice to whole fruit Switch sweets to fruit</p>	
<p>2 – Reduce screen time to 2 hours or less every day Plan my TV time Take the TV out of my bedroom Don't eat in front of the TV</p>	
<p>1 – Participate in at least 1 hour of more of physical activity every day Take a walk or enjoy a family walk after dinner Play my favorite sport or activity Wear a pedometer & walk 10,000 steps a day Obtain physical activity equipment to try something new</p>	
<p>0 – Limit soda, sugar sweetened drinks and whole milk Drink no soda Limit fruit and sports drinks Switch to low-fat or skim milk Drink more water.</p>	
<p>Other: Familiarize yourself with portion sizes Eat two family meals together each week Eat breakfast Eat no fast/junk food Limit snacks after dinner</p>	