



# Healthy Hero Rx

Name \_\_\_\_\_ Date \_\_\_\_\_



**Dr. Fit**

- 5** Eat at least 5 servings of fruits and veggies each day.
- 2** Limit screen time not linked to schoolwork or learning to less than 2 hours each day.
- 1** Be active for at least 1 hour each day.
- 0** Zero sugary drinks - go for water or low-fat milk.

With the 5-2-1-0 program as a guide, what would you like to work on first?

- Eat \_\_\_\_\_ fruits and vegetables each day.
- Reduce screen time to \_\_\_\_\_ hours per day.
- Get \_\_\_\_\_ minutes of physical activity each day.
- Reduce number of sweet drinks to \_\_\_\_\_ per day.

\_\_\_\_\_  
Patient or Parent / Guardian signature

\_\_\_\_\_  
Provider signature