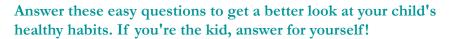
What's Your 5-2-1-0 Score?





1. How many servings of fruits and veggies does your child eat a day? (1/2 cup of raw veggies or 1 medium sized piece of fruit = 1 serving)	
Less than 1 serving (1 pt.)	1-2 servings (2 pts.)
3-4 servings (3 pts.)	5 or more servings (4 pts.)
2. How often does your child drink sweet	drinks (soda, sweet tea, sports drinks, fruit juice) in a day?
3 or more a day (1 pt.)	2 a day (2 pts.)
1 a day (3 pts.)	Not very often (4 pts.)
3. How many 8-ounce cups of water does your child drink in a day?	
Less than 1 cup (1 pt.)	1 cup (2 pts.)
2 cups (3 pts.)	3 cups or more (4 pts.)
4. How many minutes a day is your child active?	
Not that often (1 pt.)	Less than 30 minutes a day (2 pts.)
30-60 minutes a day (3 pts.)	More than 60 minutes a day (4 pts.)
5. How much time does your child spend watching TV, or using a tablet, phone or similar item in a day?	
More than 3 hours (1 pt.)	2-3 hours (2 pts.)
1-2 hours (3 pts.)	1 hour or less (4 pts.)

Great job! Add up the points from each question to get your 5-2-1-0 score.

5-10 = Sidekick: Great start! You're on the right path. By eating the right foods and being more active, you can become the hero you're meant to be. Follow 5-2-1-0 to start making healthy habits!

11-15 = Hero: Wow – you're making great strides toward leading a healthy life! With a little help, you'll be at superhero level in no time. Follow 5-2-1-0 for even better choices!

16-20 = Superhero: You're a health superhero! Keep up the great work. And visit the 5-2-1-0 website for even more ways to be healthy!

