

# How do you



## Healthy NH



I/my child eats 5 or more servings of fruits and vegetables most days.

I/my child eats breakfast every day.

I/my child eats dinner at the table with the family at least 2 times per week.

true  false

true  false

true  false



I/my child watches TV, videos or plays computer games less than 2 hours per day.

There is not a TV in my child's bedroom.

true  false

true  false



I/my child participate(s) in some type of physical activity in or outside of school for at least 1 hour every day.

true  false



My child does not drink juice, soda or punch on a regular basis.

I/my child drinks skim/nonfat milk or 1% rather than 2% or whole milk.

true  false

true  false

Review your answers and especially those questions marked false. On a scale of 0 (not ready) to 10 (very ready), how ready are you to consider making a change in the areas you marked false?

Not ready

0

1

2

3

4

5

6

7

8

9

10

Very ready!

If you marked a number 7-10, see the ideas on the next page for small changes you and your family can make to get 5210 into your household.

# Ideas for Change



**Eat fruits and vegetables at least 5 times a day (more is better!). Limit 100% fruit juice.**

- Try one new vegetable or fruit each week.
- Fill half your plate with vegetables at lunch and/or dinner.
- Choose a vegetable with dip for a snack.
- Add fruit to cereal.
- Switch from sweets to fruit.
- Eat two or more family meals together each week.
- Eat breakfast.
- Limit snacks after dinner.



**Reduce screen time to two hours or less every day.**

- Plan TV time.
- Take the TV out of the bedroom.
- Don't eat in front of the TV.
- Find other ways to spend your time during typical TV viewing hours:
  - \_ read a book
  - \_ arts and crafts
  - \_ family walk
  - \_ play a game



**Participate in at least one hour or more of moderate to vigorous physical activity every day.**

- Take a family walk after dinner.
- Wear a pedometer and set a goal for the number of steps you take each day.
- Play your favorite sport or physical activity game.



**Limit soda and sugar-sweetened sports and fruit drinks. Drink water and 3-4 servings of fat-free or low fat milk instead.**

- Take steps to eliminate soda.
- Limit fruit and sports drinks.
- Switch to low fat (1%) or skim milk.
- Try adding a slice of lemon, lime, or orange to your water to give it a flavor boost.

My/my child's personal health goal is to:

When I / my child reach(es) that goal, I / my child will be rewarded by:

# Goal Tracker



Healthy NH



**Goal: I will eat 5 or more servings of fruits & vegetables every day!**

**Circle the number of fruits and veggies that you eat each day.**

- One serving equals:  A medium-sized fruit (apple, banana, pear, etc)  
 1/2 cup of cut fruit or cooked veggies (size of a tennis ball)  
 1 cup of raw veggies (size of a softball)

<b>Monday</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Tuesday</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Wednesday</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Thursday</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Friday</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Saturday</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Sunday</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

My favorite fruit and/or vegetable that I ate this week was:

Next week I'd like to try this new fruit and/or vegetable:

## Success Tips:

- **Be prepared** – keep washed, ready-to-eat produce on hand so it is always available to grab on the go.
- **Be creative** – add diced tomatoes, carrots, broccoli, onions, and mushrooms to sauces, pizza, soups, and casseroles.
- **Be a role model** – other family members are more likely to eat fresh produce if they see you eating them.
- **Don't give up** – you may need to see or taste a food 7-10 times before you like it!

# Goal Tracker



Healthy NH



**Goal: My goal is to be in front of the screen no more than 2 hours a day!**

**Circle the number of hours that you had any type of screen time.**  
 This includes watching TV, movies, playing video games, or using the computer.  
 This does not include "in-school" or work time.

<b>Monday</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Tuesday</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Wednesday</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Thursday</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Friday</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Saturday</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Sunday</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

Instead of watching TV or being on the computer this week, I:

Another activity I could do other than watch TV or play my video game, is:

## Success Tips:

- **Turn off the TV and the computer** – substitute physical activity for one hour of TV viewing each day.
- **Try something new** – pick a new activity that you can do once a week instead of screen time. Trips to the library, museum, local pool, park, or farmers market are great ideas.
- **Tune into dinner, not the TV** – do not watch TV during mealtimes. Instead, focus on eating together and talking as a family.
- **Keep it out of the bedroom** – keep TVs out of each bedroom in your house.

# Goal Tracker



Healthy NH



**Goal: My goal is to get in at least 1 hour of physical activity each day!**

**Circle the number of minutes/hours that you were moderately or vigorously physically active today.** This includes any activities that you participated in where you broke into a sweat, such as sports, family walks, bike rides, trail walks, working out at the gym, or outdoor play and activities.

Monday	30 min	45 min	60 min	90 min	2+ hrs
Tuesday	30 min	45 min	60 min	90 min	2+ hrs
Wednesday	30 min	45 min	60 min	90 min	2+ hrs
Thursday	30 min	45 min	60 min	90 min	2+ hrs
Friday	30 min	45 min	60 min	90 min	2+ hrs
Saturday	30 min	45 min	60 min	90 min	2+ hrs
Sunday	30 min	45 min	60 min	90 min	2+ hrs

My favorite physical activity that I did this week was:

Next week, I'd like to try this new activity:

## Success Tips:

- **Every step counts** – take the stairs instead of the elevator or walk anywhere you can instead of taking the car.
- **Be active as a family** – make activities, such as walks, hikes, and bike rides, part of your daily routine.
- **Turn off the tube** – substitute physical activity for one hour of TV each day.
- **Join a sport** – group sports, whether at your school, community center, workplace, or recreation facility, are a great way to get moving and meet friends.

# Goal Tracker



Healthy NH



**Goal: My goal is to make water or low fat milk the drink of choice throughout the day!**

**Circle the number of glasses of water that you drank today.**

One serving equals 8 ounces or 1 cup.

Monday	1	2	3	4	5	6	7	8
Tuesday	1	2	3	4	5	6	7	8
Wednesday	1	2	3	4	5	6	7	8
Thursday	1	2	3	4	5	6	7	8
Friday	1	2	3	4	5	6	7	8
Saturday	1	2	3	4	5	6	7	8
Sunday	1	2	3	4	5	6	7	8

Water makes me feel good because:

## Success Tips:

- **Mix half water and half juice** – this way you can enjoy the flavor with only half of the sugar.
- **Pass on the soda or energy drink** – don't have it around. Sugary drinks have no nutritional value, add calories to your diet, increase the risk of cavities, and may increase your risk for bone fractures later in life.
- **Water is the best choice** – not only is it the most healthful drink, it is also the least expensive!