

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

## Ideas for Living a Healthy Active Life:

- 5 Eat at least 5 fruits and vegetables a 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 goals (choose one you would like to work on first)

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

How ready are you to change on a scale of 1 to 10, with 1 being not ready and 10 being very ready \_\_\_\_\_

What is getting in your way of making changes? \_\_\_\_\_

Follow up in 2 months  
Use your calendar to track progress  
See [www.vapg.com](http://www.vapg.com) for additional resources