

Rx: for Healthy Active Living



Name _____ Date: _____

Live a Healthy Active Life. Involve the Whole Family.

- Eat at least 5 fruits and vegetables every day.
- Limit screen time (for example, TV, video games, computer) to 2 hours or less per day.
- Get 1 hour or more of physical activity every day. Play outside when possible.
- Drink fewer sugary drinks, like soda and juice. Try water and low-fat milk instead.

My Goal (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 _____ minutes per day.
- Reduce number of sugary drinks to _____ per day.

Patient or parent/Guardian signature

Provider signature

Provider Stamp

County of Riverside CHDP Program: 1-800-346-6520
2/13 nm

Adapted from the American Academy of Pediatrics

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