Healthy Habits Questionnaire

(Ages 10-18)

5210 Healthy Children

We are interested in the health and well-being of all our patients. Please take a moment to answer the following questions.

Patient Name: _____ Age: _____ Today's Date: _____

1. How many servings of fruits or vegetables do you eat a day? _____
   (*One serving is most easily identified by the size of the palm of your hand.*)
2. How many times a week do you eat dinner at the table together with your family? _____
3. How many times a week do you eat breakfast? _____
4. How many times a week do you eat takeout or fast food? _____
5. How many hours a day do you watch TV/movies or sit and play video/computer games? _____
6. Do you have a TV in the room where you sleep? Yes ☐ No ☐
7. Do you have a computer in the room where you sleep? Yes ☐ No ☐
8. How much time a day do you spend in active play (faster breathing/heart rate or sweating)? _____
9. How many 8-ounce servings of the following do you drink a day?

   _____100% juice _____Fruit or sports drinks _____Soda or punch
   _____Water _____Whole milk _____Nonfat (skim), low-fat (1%), or reduced-fat (2%) milk

10. **Based on your answers, is there <u>ONE</u> thing you would be interested in changing now? Please check one box.**

☐ Eat more fruits & vegetables.
☐ Take the TV out of the bedroom.
☐ Play outside more often.
☐ Spend less time watching TV/movies and playing video/computer games.
☐ Drink less soda, juice, or punch.
☐ Eat less fast food/takeout.
☐ Drink more water.
☐ Switch to skim or low fat milk.

Please give the completed form to your clinician. Thank you.

For more information visit us at https://5210.psu.edu or email at 5210@psu.edu.

This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Family Policy, Children and Youth, U.S. Department of Defense under Award No. 2010-48709-21867 developed in collaboration with The Clearinghouse for Military Family Readiness at Penn State University. 5210 Healthy Children is adapted from Let's Go! www.letsgo.org.