Healthy Habits Questionnaire

(Ages 2-9)

5210 Healthy Military 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 does your child eat a day? _____
   One serving is most easily identified by the size of the palm of your child's hand.
2. How many times a week does your child eat dinner at the table together with the family? _____
3. How many times a week does your child eat breakfast? _____
4. How many times a week does your child eat takeout or fast food? _____
5. How many hours a day does your child watch TV/movies or sit and play video/computer games? _____
6. Does your child have a TV in the room where he /she sleeps? Yes ☐ No ☐
7. Does your child have a computer in the room where he /she sleeps? Yes ☐ No ☐
8. How much time a day does your child spend in active play (faster breathing/heart rate or sweating)? _____
9. How many 8-ounce servings of the following does your child drink a day?

100% Juice _____	Fruit drinks or sports drinks _____	Soda or punch _____
Water _____	Whole milk _____	Nonfat or reduced fat milk _____

10. Based on your answers, is there <u>ONE</u> thing you would like to help your child change now? Please check one box.

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

CLEARINGHOUSE FOR MILITARY FAMILY READINESS

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 Military Children is adapted from Let's Go! www.letsgo.org.