

# 5-2-1-0

**A new program is coming to your school!  
Please circle the best answers below.**

School:

I have taken this survey before?    Yes            No

## What do you think?

- 1) A balanced diet includes \_\_\_\_\_ servings of fruits and vegetables every day?  
5 or more    4    2    1
- 2) It is important to limit screen time (including TV and computer) to \_\_\_\_\_ each day?  
4 hours    2 hours    1 hour    30 minutes
- 3) Children need at least \_\_\_\_\_ physical activity /active play every day?  
3 hours    2 hours    1 hour    0(none)
- 4) To stay healthy, limit the amount of sodas and sugar-sweetened beverages to \_\_\_\_ a day?  
5            2            1            0

## What do you do?

- 5) I usually eat \_\_\_ fruits and vegetables each day.    0-1    2-4    5 or more
- 6) I usually watch TV, videos or play computer games (not for school work) \_\_\_ hours per day on school days. (Monday-Thursday)    0-1    1-2    2 or more
- 7) I usually watch TV, videos or play computer games (not for school work) \_\_\_ hours per day on weekends. (Friday-Sunday)    0-1    1-2    2 or more
- 8) I spend \_\_\_ time per day being physically active on school days. (Monday-Thursday)  
Almost none            Up to ½ hour            1 or more hours
- 9) I spend \_\_\_ time per day being physically active on weekends. (Friday-Sunday)  
Almost none            Up to ½ hour            1 or more hours
- 10) How many times do you drink 100% Juice, soda, punch, or sports drinks each day?  
0-1    2-3    4 or more

## Because of what I learned in this program, I plan to:

- Spend less time watching TV, videos or playing video games
- Be more physically active
- Drink less sodas and sugar-sweetened beverages
- Not make any changes
- Eat more fruit and vegetables