

...a prescription for Kids, Teens, and Families

To reach and keep a healthy weight, build better habits together. The 8 habits prescribed below are the best place to start. Scientific studies show that these have the biggest impact on your weight, your health, and your outlook.

FOOD	inis prescription is for (name):	Age: Date:
FOOD ACTIVITY	Always eat breakfast—and make it healthy. days per week (aim for every day) Healthy choices:	Other recommendations/goals:
	Eat more fruits and vegetables. □ Fruits every day (aim for 1 to 2 cups) □ Veggies every day (aim for 1½ to 3 cups)	
	Limit—or eliminate—sweetened drinks. ☐ Less than 12 ounces per week of sweetened drinks like soda, lemonade, punch, and sports drinks. Instead, substitute:	Referrals:
	☐ cups of milk every day (aim for 2 to 3 cups)☐ cups of water every day☐ Other:	Registered Dietitian (RD) Name:
	☐ Less than 6 ounces of juice every day	Phone:
	Limit screen time (TV, video games, Internet) ☐ Less thanhours a day (aim for less than 1 or 2 hours) ☐ No TV, computer, or video games in your bedroom	Other Name:
	Increase your physical activity (aim for 60 minutes every day) ☐ Daily activity (walk to school, play, family activities, chores):	Phone:
	Aerobic exercise:minutestimes every week Walking: Sports or group exercise:	Follow up inweeks/months:
HIDDURT	Other types: Strength training (aim for 2 to 3 times per week): Stretching (aim for every day):	With:
	Eat meals together as a family. —times per week (aim for every day)	Date:
	Be positive about food. ☐ No forbidden foods—all foods can fit. ☐ Don't give food as a reward or withhold it as punishment.	Signed:
Œ	Don't criticize about weight. □ Don't make judgmental comments about body shapes and sizes.	Healthcare provider Patient/family
	☐ Other:	ı raueni/Idillily

