

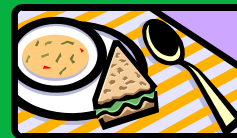
While you are waiting to see the doctor please take a moment to answer questions 1-10

1. Do you eat **5 or more** fruits and vegetables *per day*? YES NO
2. Do you have a **favorite fruit or vegetable** that you would eat *everyday*? YES NO
3. Do you eat **breakfast everyday**? YES NO
4. Do you watch **TV, videos or play computer games for no more than 2 hours** per day? YES NO
5. Do you take gym class or participate in sports or dance **in or outside of school more times per week**? YES NO
6. Do you have a **favorite sport or physical activity** that you love to do? YES NO
7. Do you eat dinner **at the table with your family** at least once a week? YES NO
8. Do you have a TV in **your bedroom**? YES NO
9. Do you eat **in front of the TV**? YES NO
10. Do you drink soda, juice, or other **sugar sweetened drinks** one or more times a day? YES NO

Would you like to talk to your doctor about making changes to improve your health?

YES NO
(if yes, continue to page 2)

Directions: Check the area you would like to change then choose one from the list or fill in your very own idea!



1 Increasing Physical Activity

___ Take a walk everyday
___ Pedometer 10,000 steps

2 Decreasing TV & Screen Time

___ Plan TV time
___ Take the TV out of my bed room

Decreasing Portion Sizes



Decreasing Soft Drinks and Juices

___ Cut down
___ NO soda



5 Increasing Fruits and Vegetables

___ Try one new veg or fruit
___ Add fruit to my cereal

OTHER



On a scale of 0 (not ready) to 10 (very ready)

How ready are you (please circle appropriate number) to consider making a change?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

When I / my child reach goal I / my child will be rewarded by: (a special privilege, special activity etc.)

Patient Signature _____ **Clinician Signature** _____

Guardian Signature _____ **Phone** _____ **Visit Date** _____

Adapted from the Jump Up & Go! Physical Activity and Nutrition Survey and the Maine Center for Public Health Keep Me Healthy Goal Setting Worksheet

