



5-2-1-0 Quiz

Your age _____

Your Zip code _____

Directions: For the past 7 days, take an average for each habit ($[\text{best day} + \text{worst day} \div 2]$).

In the past 7 days, how much did you get of:

Physical Activity

1. Cardio: _____ minutes per day

✓ Cardio is an activity that increases your heart beat and breathing.

Inactivity

2. Screen time: _____ minutes per day

✓ Screen time includes using a TV, cellphone or computer in your free time.

✓ One TV series adds up to about 30-60 minutes each and high social media use adds up to about 540 minutes a day.

Fruits and Vegetables

3. Fruits: _____ servings a day

✓ A serving of fruit or vegetables = 1 cup or 1 fist size amount.

4. Vegetables: _____ servings a day

Drinks

5. Water: _____ servings a day

✓ A drink serving is 1 cup or 8 ounces. A bottle of water adds up to 2 servings.

6. Sugar sweetened drinks: _____ servings a day

✓ Sugar sweetened drinks are soda and flavored drinks or punches, not 100% fruit juice. Half a cup (4oz.) of 100% fruit juice is allowed (but not required) each day.

✓ One medium drink adds up to about 2.5 servings and one bottled soda adds up to 2 servings.

Add it up!

Fruits and Veggies: _____

5 or more:

You are right on track!

Less than 5: [Get on Track](#)

Inactivity: _____

120 minutes or less:

You are right on track!

More than 120 minutes:

[Get on Track](#)

Physical Activity: _____

60 minutes or more:

You are right on track!

Less than 60 minutes:

[Get on Track](#)

Sugary Drinks: _____

Zero:

You are right on track!

More than zero: [Get on Track](#)

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