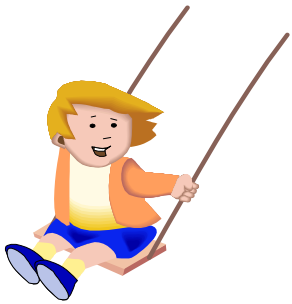


# Get More Energy!

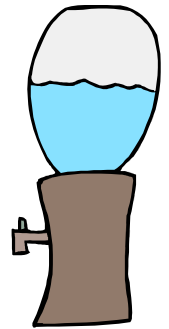


## • GET UP, MOVE, & PLAY HARD

- At least 30-60 minutes a day

## • DRINK 6 TO 8 GLASSES OF WATER A DAY

- Cut down on sodas
- Serve 100% juice
- Limit juice to 1 small cup a day



## • EAT 5 HELPINGS OF FRUITS & VEGETABLES A DAY

- 1 medium fruit or ½ cup of vegetables = 1 helping

## • CUT BACK ON TV & VIDEO GAMES

- Limit TV to 1 hour a day
- Remove the TV from the bedroom

**Talk to your doctor if you have any questions!**



Coalition on  
Children and  
Weight San Diego

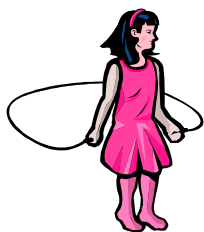
[www.ccwsd.org](http://www.ccwsd.org)

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Please fill this out with your child.

## What Does Your Child Do Now?

- Plays hard for \_\_\_\_\_ minutes a day.
- Drinks \_\_\_\_\_ glasses of water a day.
- Drinks \_\_\_\_\_ sodas a day.
- Eats \_\_\_\_\_ fruit(s) a day.
- Eats \_\_\_\_\_ vegetable(s) a day.
- Watches TV & plays video/computer games for \_\_\_\_\_ hour(s) a day.



## What Can Your Child Do To Get More Energy?

I \_\_\_\_\_, am going to try to:

Child's Name

**Choose at least one change to make:**

- Play hard for \_\_\_\_\_ more minutes a day.
- Drink \_\_\_\_\_ more glass(es) of water a day.
- Drink \_\_\_\_\_ less soda(s) a day.
- Eat \_\_\_\_\_ more fruit(s) a day.
- Eat \_\_\_\_\_ more vegetable(s) a day.
- Watch \_\_\_\_\_ minutes less of TV a day.
- Play \_\_\_\_\_ minutes less of computer and video games a day.



Child's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

By signing below I agree to work with my child to make these changes for the entire family.

Adult's Signature: \_\_\_\_\_ Date: \_\_\_\_\_