

Youth Physical Activity and Nutrition Assessment



Youth's Name: _____ Age: _____ Date: ____ / ____ / ____

Please complete the "Current" column (shaded area) based on the previous 7 days for youth ages 2-18. The "Goal" and "Follow-Up" columns will be completed by the clinician. If you're unsure how to respond, leave blank.

Physical Activity	Current Activity	Activity Goal	Comments
1. Daily Physical Activity Moderate-Vigorous Intensity Ex: Active play, jumping, biking, brisk walking, running, sports	1. _____ min/day _____ days/wk	1. _____ min/day _____ days/wk	Note to Clinician: Have youth set only 1-2 behavioral goals at a time. Goals should be specific and measurable.
<i>*Do not complete questions 2 & 3 for children aged 2-5 years old. Go to question 4.</i>			
2. High-Intensity Activity Activities that cause fast breathing and sweating	2. _____ days/wk	2. _____ days/wk	
3. Strengthening Activity Bone & muscle strengthening Ex: Jumping, climbing, lifting	3. _____ days/wk	3. _____ days/wk	
4. Screen Time (outside of the school day) Ex: TV, video games, computer	4. _____ hours/day	4. _____ hours/day	

Nutrition	Current Nutrition	Nutrition Goal
1. Breakfast Eating within 2 hours of waking	1. _____ days/wk	1. _____ days/wk
2. Fruits & Veggies • fresh, canned, dried, frozen 1 cup = 1 large potato or orange 1/2 cup = 4 strawberries, 6 baby carrots, beans (whole or refried)	2. Fruits: _____ cups per Circle: DAY or WEEK Veggies: _____ cups per Circle: DAY or WEEK	2. Fruits: _____ cups/day Veggies: _____ cups/day
3. Milk or Milk Products 1 cup = 8 oz milk, yogurt or 2 slices of cheese (1 1/2 oz)	3. _____ cups/day	3. _____ cups/day* *fat free or low fat
4. Whole Grains Whole grain cereal, oatmeal, whole wheat bread, brown rice	4. _____ times/day	4. _____ times/day
5. High Fat and Sugary Foods "Junk Foods" - chips, candy, fried foods, ice cream	5. _____ times/day	5. _____ times/day
6. Sugar-Sweetened Drinks Regular soda, lemonade, fruit punch, non-100% juice	6. _____ times/day	6. _____ times/day
7. Eating Out Meals eaten out of home or school	7. _____ days/wk	7. _____ days/wk

Goal Tracker

Check a box each day you meet your nutrition and activity goal(s).

I MET MY GOAL!

Week #1:

Week #2:

Week #3:

Week #4:

Week #5:

Week #6:

Week #7:

Week #8:

Way To Go!

If you've met your goal, keep it up and set a new activity or nutrition goal. Use another sheet to continue tracking your goals.

On a scale of 1-5 with 1 being not ready and 5 being very ready - How ready or interested are you in changing any of the behaviors above?

Not Ready — 1 2 3 4 5 — Very Ready

Complete after form is discussed:
 I, _____ (youth or parent signature), agree to the goal(s) set above and understand how important nutrition and activity are to staying healthy.
 Clinician's Signature: _____

Referral: _____

Follow-Up: _____

How Much Physical Activity Each Day?

2-5 years	6-18 years
 <p>60+ minutes of activity every day Get 60 minutes per day with: Structured Play (planned activity) Unstructured Play (free play) Focus on movement and coordination skills.</p>	<p>60+ minutes of activity every day Add up to 60 minutes per day with: Moderate Aerobic Activity: Daily Vigorous Aerobic Activity: 3 times/week Muscle/Bone Strengthening Activities: 3 times/week</p>
<p>Less than 2 hours of screen time a day. (TV, video games, computer)</p>	<p>Less than 2 hours of screen time a day. (TV, video games, computer)</p> 

*Note: Long periods of continuous, vigorous activity are not recommended for youth ages 6-12 unless chosen by the youth and not forced by an adult.

Physical Activity Basics

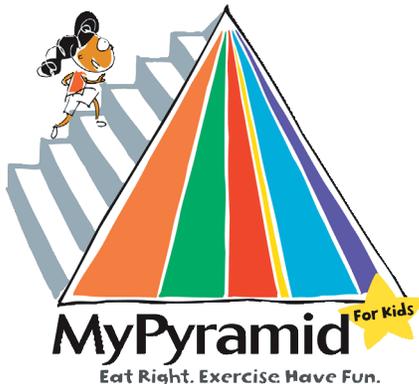
Type of Activity	Definition	Examples
Moderate Aerobic Activity	Activities that increases the heart rate, warms the body and causes a light sweat	Brisk walking, active play, bike riding, rollerblading, hiking
Vigorous Aerobic Activity	More challenging activity that increases the heart rate, causes fast breathing and more sweating	Running, active games (tag), sports such as soccer, swimming, tennis, martial arts
Muscle Strengthening	Activities that create a force or overload on muscles	Climbing, push-ups, sit-ups, weight lifting
Bone Strengthening	Activities that create a force or impact on bones that promotes bone growth and strength	Jumping, skipping, hopscotch, running, gymnastics

For more physical activity information visit: www.cdc.gov/physicalactivity/

How Much Food Each Day? **

2-3 years	4-8 years	9-13 years	14-18 years
1 cup fruit	1 - 1.5 cups fruit	1.5 cups fruit	1.5 - 2 cups fruit
1 cup veggies	1.5 cups veggies	2 - 2.5 cups veggies	2.5 - 3 cups veggies
3 oz of grains	4-5 oz grains	5-6 oz grains	6-7 oz grains
2 cups milk	2 cups milk	3 cups milk	3 cups milk
2 oz meat/beans	3-4 oz meat/beans	5 oz meat/beans	5-6 oz meat/beans

**Food intake based on estimated calorie needs for boys and girls that get light physical activity.



Healthy Eating Basics

Fruits	Veggies	Grains	Milk	Meats and Beans
Focus on fruits	Vary your veggies	Make half your grains whole	Get your calcium-rich foods	Go lean with protein
<p>Fruits are nature's treats - sweet and delicious.</p> <p>Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried.</p> <p>Go easy on juice and make sure it's 100%.</p>	<p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach or try orange veggies like carrots and sweet potatoes.</p>	<p>Just because bread is brown doesn't mean it's a whole grain. Look for the word "whole" to top the label ingredient list.</p> <p>Did you know, 1 ounce of whole-grain = a slice of whole-wheat bread, 1/2 cup of oatmeal, brown rice, or 1 cup whole-grain cereal.</p>	 <p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt or cheese is low-fat or fat-free!</p>	<p>Eat lean or lowfat meat, chicken, turkey and fish. Bake, broil or grill meat instead of frying.</p> <p>A deck of cards = 3 ounces of meat.</p> <p>Nuts, seeds, peas, and beans are all great sources of protein, too!</p>
<p>Change your oil. We all need oil. Get yours from fish, nuts, and liquid oils such as canola, corn, soybean, and olive oil.</p>				
<p>Don't sugarcoat it. Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.</p>				

For more nutrition information visit: www.MyPyramid.gov

