

Time Dependent Office Visit: Quick Well Child or Urgent (< 1 minute)

Type of Visit	Well Child or Urgent Visit
Topic of Visit	Lifestyle Advice
Length of Visit	Under 1 minute
Patient Scenario	Child not currently at risk for overweight

Lifestyle Advice:

To stay healthy and energized, practice 5-2-1-0 every day!

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

*Keep TV/Computer out of bedroom. No screen time under the age of 2.