




BlueCross BlueShield
of North Carolina

An independent licensee of the Blue Cross and Blue Shield Association

Good Health
Club 

Assessment

Name: _____

Date of Birth: _____

Height: _____

Weight: _____

BMI: _____

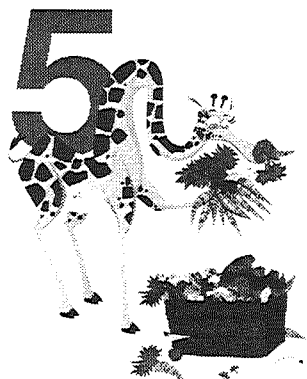
BMI %: _____

Risk Level: _____

Date of Assessment: _____

Get on a healthy track by adding these tips to your daily routine.

Eat 5 servings
of fruits and
veggies every
single day.



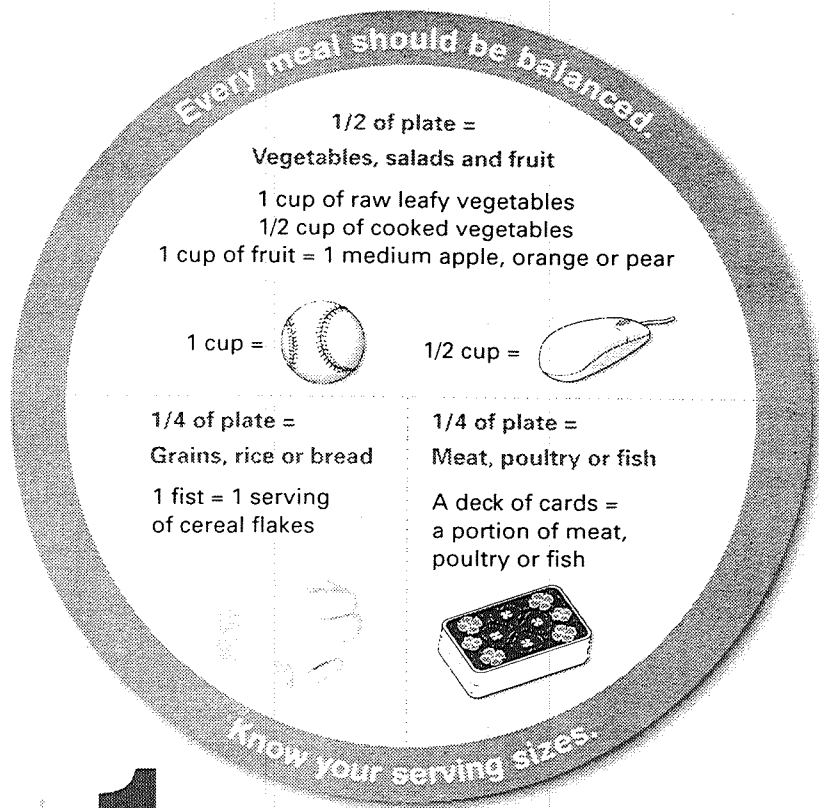
Examples:

Fruits

- Apples, bananas, oranges
- Berries, grapes
- Pears, plums, melon
- Canned fruit (packed in 100% juice or water)

Vegetables

- Asparagus, broccoli
- Beans, lentils, peas
- Carrots, celery
- Spinach, collard greens
- Tomatoes, peppers
- Canned veggies



Limit screen
time to 2 hours
or less.



Screen time
includes:

- Watching TV, videos or DVDs
- Playing or being on a computer
- Playing regular and hand-held video games
- Going to the movies
- Instant messaging or online chatting



Get at least 1 hour
of physical activity.

Make sure an adult is there.

- Walk to and/or from school
- Jump rope
- Ride a bike
- Play catch
- Jump, skip or hop to music

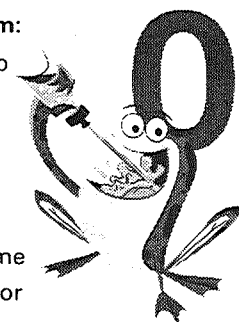
Limit sweetened drinks to 0.

Examples of sweetened
drinks to stay away from:

- Soft drinks, soda, pop
- Juice drinks
- Chocolate milk
- Sports drinks

Instead, drink:

- Water with lemon, lime or orange to add flavor
- 1% or skim milk
- Unsweetened drinks
- Ask your physician about other healthy drink options



Review provided by leading experts:
American Academy of Pediatrics
American Diabetes Association