



R_x for Health – Get up and Play Hard!

Name: _____ Date: _____

R_x: 30 to 60 minutes “Get More Energy!” Activity

- Play ball Take a walk Jump rope Listen to music and dance Skateboard
 Exercise video Ride a bike Go on a hike Play tag or Frisbee Go to a park and play
 Rollerblade Walk the dog Other _____

How often:

- Daily 1 Time per week 2 Times per week 3-5 Times per week

My goal (Child/Teen):

- I will play hard more often I will cut back on tv & video games I will eat more fruits & vegetables
 I will drink more water I will cut down on soda & juice drinks Other _____

I will check in with you after _____ weeks to share my progress

Child/Teen Signature: _____

Provider Signature: _____



envision new mexico

The Initiative for Child Health Care Quality