



CHALLENGE!

TAKE THE CHALLENGE!

What is it?

A school-wide program to learn and practice the **5210+ healthy habits**. Join over 100 northern Colorado schools that are participating this year!

When? February 2023

Why? Practicing 5210+ daily for one month helps to create and maintain lifelong healthy habits.

How? Track your 5210+ habits on your log. Get 80 (out of a total of 140) or more checks and you'll earn a T-shirt! Schools with the highest participation percentage can earn up to \$1,000 in prize money. Winners will be announced in May.



Families:

Complete the blue family log to join in the fun as a family. Go to healthykidsclub.org to print your copy.

Submit your log online (one submission per staff member) using this link:

redcap.link/2023challenge5210

by Sunday, March 5. Submission form link will be live February 28.

Questions? Contact your PE teacher or healthykids@uhealth.org. If you misplace your log, additional logs are available online at healthykidsclub.org.

STAFF TRACKING LOG

School district: _____ School: _____

First name: _____ Last name: _____

Total # of checks: _____ T-shirt size: **yxs ys ym yl as am al axl axxl**
(circle one, if you have 80 or more checks)

Email: _____
(If you would like to opt-in for additional Healthy Kids program information, please provide us your email address.)



Scan here for more information and tips for practicing the 5210+ healthy habits.

What are the 5210+ healthy habits?

5

Five servings of fruits and vegetables:

WHY?

- Fruits and vegetables are packed with vitamins, minerals and fiber.
- Fruits and vegetables are good for your heart.

HOW?

- Aim for 5 servings of fruit and vegetables every day:
 - A serving is about the size of your fist.
 - Raw, cooked, frozen, canned and dried are all nutritious.

2

Two hours or less of screen time:

WHY?

- Too much screen time makes it harder for you to sleep.
- Too much time in front of a screen takes away time you could be moving your body.

HOW?

- Unplug and play:
 - Turn on music and dance.
 - Go on a walk with your family.

1

One hour or more of physical activity:

WHY?

- Physical activity:
 - Makes your heart and mind happy.
 - Makes you stronger.
 - Helps you sleep better.

HOW?

- Move your body all day long:
 - Things like recess, PE, walking to school and playing after school all add up.

0

Zero sugary drinks:

WHY?

- Our bodies are made of water, not sugary drinks!
- Water keeps us hydrated.

HOW?

- Swap your sugary drinks for water.
- When you're thirsty, reach for water.

+

Seven or more hours of sleep:

WHY?

- Sleep can improve your mood.
- Getting enough sleep at night can give you more energy during the day.

HOW?

- Try to get seven or more hours of sleep every night.
- Practice healthy bedtime habits.

uhealth



FEBRUARY 2023

Name: _____

Staff Tracking Log

CHALLENGE!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Take the Challenge! ✓ Check the box when you complete the daily 5210+ healthy habits. ✓ Your goal is 80 checks to win a T-shirt. Submit your log online (one submission per staff member) using redcap.link/2023challenge5210			☐ 5 fruits and veggies 1 ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	☐ 5 fruits and veggies 2 ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	☐ 5 fruits and veggies 3 ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	☐ 5 fruits and veggies 4 ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep
☐ 5 fruits and veggies 5 ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	☐ 5 fruits and veggies 6 ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	☐ 5 fruits and veggies 7 ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	☐ 5 fruits and veggies 8 ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	☐ 5 fruits and veggies 9 ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	☐ 5 fruits and veggies 10 ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	☐ 5 fruits and veggies 11 ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep
☐ 5 fruits and veggies 12 ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	☐ 5 fruits and veggies 13 ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	☐ 5 fruits and veggies 14 ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	☐ 5 fruits and veggies 15 ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	☐ 5 fruits and veggies 16 ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	☐ 5 fruits and veggies 17 ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	☐ 5 fruits and veggies 18 ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep
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☐ 5 fruits and veggies 26 ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	☐ 5 fruits and veggies 27 ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	☐ 5 fruits and veggies 28 ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	You did it! Use the link below to submit your log. 		5210+ Checks Week 1: _____ Week 4: _____ Week 2: _____ Week 5: _____ Week 3: _____ Total # of checks: _____	
						EXAMPLE ☒ 5 fruits and veggies ☐ 2 hours or less screen time ☒ 1 hour of activity: <u>walk to school, play in snow</u> ☐ 0 sugary drinks ☒ + 7 or more hours of sleep