



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 (sent home with oldest/only child) to join in the fun as a family.

Submit your log online (one submission per student) 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.

STUDENT TRACKING LOG

School district: _____ School: _____

First name: _____ Last name: _____

Grade: _____ Teacher (last name): _____

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

Did your family complete a blue family log? ☐ Yes ☐ No

Parent 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.

+

Nine 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 nine or more hours of sleep every night.
- Practice healthy bedtime habits.

uhealth



FEBRUARY 2023

Name: _____
Student 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 student) using redcap.link/2023challenge5210			<input type="checkbox"/> 5 fruits and veggies 1 <input type="checkbox"/> 2 hours or less screen time <input type="checkbox"/> 1 hour of activity: <hr/> <input type="checkbox"/> 0 sugary drinks <input type="checkbox"/> + 9 or more hours of sleep	<input type="checkbox"/> 5 fruits and veggies 2 <input type="checkbox"/> 2 hours or less screen time <input type="checkbox"/> 1 hour of activity: <hr/> <input type="checkbox"/> 0 sugary drinks <input type="checkbox"/> + 9 or more hours of sleep	<input type="checkbox"/> 5 fruits and veggies 3 <input type="checkbox"/> 2 hours or less screen time <input type="checkbox"/> 1 hour of activity: <hr/> <input type="checkbox"/> 0 sugary drinks <input type="checkbox"/> + 9 or more hours of sleep	<input type="checkbox"/> 5 fruits and veggies 4 <input type="checkbox"/> 2 hours or less screen time <input type="checkbox"/> 1 hour of activity: <hr/> <input type="checkbox"/> 0 sugary drinks <input type="checkbox"/> + 9 or more hours of sleep
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						EXAMPLE <input checked="" type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> 2 hours or less screen time <input checked="" type="checkbox"/> 1 hour of activity: <u>walk to school, play in snow</u> <input type="checkbox"/> 0 sugary drinks <input checked="" type="checkbox"/> + 9 or more hours of sleep