



CHALLENGE!

FAMILY TRACKING LOG

Complete the 5210+ challenge family log together—just for fun!



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

The family log is made to go along with the student log so the entire family can practice the 5210+ healthy habits. Families that create healthy habits together are more likely to maintain them.



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.

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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.

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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.

*For adults, try to get seven or more hours of sleep.



FEBRUARY 2023

Family Tracking Log

CHALLENGE!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Take the Challenge!</p> <p>✓ Check the box when your family completes the daily 5210+ activity.</p> <p>✓ Free choice days—pick a 5210+ activity of your choice and write it on the line.</p>			<input type="checkbox"/> Cook a healthy meal together.	<input type="checkbox"/> No technology during meal times.	<input type="checkbox"/> Go on a family walk.	<input type="checkbox"/> Only drink water or milk today.
<input type="checkbox"/> Read together for 20 minutes at bedtime.	<input type="checkbox"/> Fill half your plate with fruits and vegetables.	<input type="checkbox"/> Play a card or board game.	<input type="checkbox"/> Bundle up and play outside.	<input type="checkbox"/> Zero sugary drinks today.	<input type="checkbox"/> Go to bed 30 minutes earlier tonight.	<input type="checkbox"/> FREE choice!
<input type="checkbox"/> Try a new recipe together.	<input type="checkbox"/> Write a note to a friend or family member.	<input type="checkbox"/> Family dance party!	<input type="checkbox"/> Fill your water bottle(s) before you leave home.	<input type="checkbox"/> Get a full night's sleep.	<input type="checkbox"/> Eat a fruit or vegetable for a snack.	<input type="checkbox"/> Read a book together.
<input type="checkbox"/> Make an obstacle course.	<input type="checkbox"/> Drink only water with your meals.	<input type="checkbox"/> Turn off screens an hour before bed.	<input type="checkbox"/> Try a new fruit or vegetable.	<input type="checkbox"/> Screen-free day.	<input type="checkbox"/> Have family yoga time.	<input type="checkbox"/> Drink at least one glass of water per meal.
<input type="checkbox"/> Move your body today so you sleep well tonight.	<input type="checkbox"/> Eat a total of 5 fruits and vegetables today.	<input type="checkbox"/> FREE choice!	<p>You did it!</p>		<p>Scan here for more information and tips for practicing the 5210+ healthy habits.</p>	
		<input type="checkbox"/>				