



CHALLENGE!

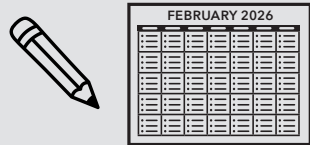
TAKE THE CHALLENGE!

Make healthy choices.

- 1 Check off boxes as you make healthy choices.



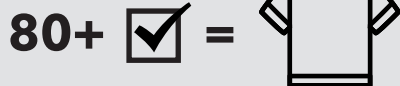
- 2 Fill out this log every day.



- 3 Count your checkmarks at the end of the month.



- 4 Get 80+ checkmarks to earn a free shirt.



- 5 Submit your log by Thursday, March 5.

The link will be live February 26.

STUDENT TRACKING LOG

School district: _____ School: _____

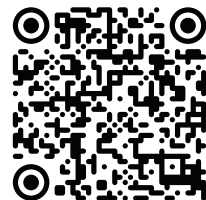
First name: _____ Last name: _____

Grade: _____ Teacher (last name): _____

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

Parent/guardian email: _____
(If you would like to opt-in for additional Healthy Hearts and Minds information, please provide us your email address.)

5	2	1	0	+
Servings of fruits and vegetables.	Hours or less of screen time.	Hour or more of physical activity.	Sugary drinks.	9 or more hours of sleep.
Fruits and vegetables keep your heart healthy.	Balancing screen time with healthy habits helps keep your heart and mind strong.	Moving your body makes your heart and mind happy.	Sugary drinks slow your body down, choose water or milk instead.	Sleep helps your body and mind get ready for a new day.



To submit your log,
Go to redcap.link/5210challenge or scan [here!](#)

Questions? Email healthykids@uchealth.org

uchealth



FEBRUARY 2026

Name: _____
Student Tracking Log

CHALLENGE!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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	<input type="checkbox"/> 5 fruits and veggies 5 <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 6 <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 7 <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 8 <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 9 <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 10 <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 11 <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 12 <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 13 <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 14 <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 15 <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 16 <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 17 <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 18 <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 19 <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 20 <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 21 <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 22 <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 23 <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 24 <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 25 <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 26 <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 27 <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 28 <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

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/5210challenge by Thursday, March 5.



You did it!

Use the link below
 to submit your log
 by March 5.

5210+ Checks

Add up your checks at the end of each week and write your total below.

Week 1: _____ Week 3: _____

Week 2: _____ Week 4: _____

Total # of checks: _____

EXAMPLE

- ☒ 5 fruits and veggies
- ☐ 2 hours or less screen time
- ☒ 1 hour of activity:
walk to school, play in snow
- ☐ 0 sugary drinks
- ☒ + 9 or more hours of sleep