



CHALLENGE!

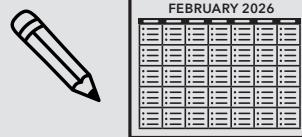
TAKE THE CHALLENGE!

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: **yxs** **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

Servings of fruits and vegetables.

Fruits and vegetables keep your heart healthy.

2

Hours or less of screen time.

Balancing screen time with healthy habits helps keep your heart and mind strong.

1

Hour or more of physical activity.

Moving your body makes your heart and mind happy.

0

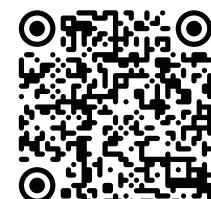
Sugary drinks.

Sugary drinks slow your body down, choose water or milk instead.

+

9 or more hours of sleep.

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



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: <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: <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: <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: <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: <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: <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: <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: <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: <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: <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: <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: <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: <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: <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: <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: <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: <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: <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: <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: <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: <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: <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: <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: <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: <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: <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: <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: <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