5 2 1 0 +

5	2	1	0	+
fruits and vegetables	hours or less of screen time	hour or more of physical activity	sugary drinks	9 or more hours of sleep

CHALLENGE!

TAKE THE CHALLENGE!

What is it?
A school-wide program to learn and practice the **5210+ healthy habits**. Join over 125 schools schools that are participating this year!

When? February 2026

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.

T-shirts will be delivered to your school in May.

Families:
Complete the blue family log to join in the fun as a family. Go to uchealth.org/5210challenge to print your copy.

> Submit your log online (one submission per staff member) using this link:
> **redcap.link/5210challenge**
> by Thursday, March 5. Submission form link will be live February 26.

Questions? Contact your PE teacher or healthykids@uchealth.org. If you misplace your log, additional logs are available online at uchealth.org/5210challenge.

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 Hearts and Minds information, please provide us your email address.)

What are the 5210+ healthy habits?

5	2	1	0	+
Five servings of fruits and vegetables.	**Two hours or less of screen time.**	**One hour or more of physical activity.**	**Zero sugary drinks.**	**Seven or more hours of sleep.**

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.

uchealth

5 2 1 0 + CHALLENGE!

5 fruits and vegetables
2 hours or less of screen time
1 hour or more of physical activity
0 sugary drinks
+ 9 or more hours of sleep

FEBRUARY 2026

Name: _____

Staff Tracking Log

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**2** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**3** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**4** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**5** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**6** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**7** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep
8 ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**9** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**10** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**11** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**12** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**13** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**14** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep
15 ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**16** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**17** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**18** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**19** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**20** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**21** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep
22 ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**23** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**24** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**25** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**26** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**27** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 or more hours of sleep	**28** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ + 7 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 staff member) 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
☑ **+** 7 or more hours of sleep