



CHALLENGE!

FAMILY 5210+ BINGO!

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

Families that create healthy habits together are more likely to maintain them!
Ask your student thoughtful questions to help take ownership of their healthy choices.

In the **Healthy Kids Family 5210+ Bingo**, your family can track healthy habits.

It's a fun way to help:

- Your body feel strong.
- Your mind stay sharp.
- Your heart feel happy.

Set goals, cheer each other on and celebrate your progress — **every healthy choice counts.**

Your student is also practicing the 5210+ habits at school. Some schools send the student log home, while others keep it at school. This family bingo board is designed to complement the student log, so your whole family can enjoy practicing the 5210+ healthy habits together at home.



**Five servings
of fruits and
vegetables:**

WHY?

- 🍏 Fruits and vegetables are packed with vitamins, minerals and fiber that are all good for your heart and mind.

ASK ...

- 🍏 What's your favorite fruit or vegetable to eat?
- 🍏 What healthy food did you eat today? How did it make you feel?
- 🍏 If you could create your own healthy snack, what would it be?



**Two hours
or less of
screen time:**

WHY?

- 📺 Too much time in front of a screen takes away time you could be moving your body or getting the sleep you need.

ASK ...

- 📺 How can you tell when you've had too much screen time?
- 📺 What's one thing you could do instead of watching TV or playing on a tablet?
- 📺 What did you do today instead of using a screen?



**One hour
or more of
physical activity:**

WHY?

- 🏃 Physical activity:
 - Makes your heart and mind happy.
 - Makes you stronger.
 - Helps you sleep better.

ASK ...

- 🏃 What's your favorite way to move your body?
- 🏃 How do you feel after you play outside or exercise?
- 🏃 Can you think of a fun activity that gets your heart pumping?



**Zero
sugary
drinks:**

WHY?

- 🥤 Water keeps your body hydrated.
- 🥤 Your body is made of water, not sugary drinks.

ASK ...

- 🥤 What are some healthy drinks that don't have sugar added?
- 🥤 Why do you think drinking water is good for your body?
- 🥤 What's one new health habit you can try this week?



**Nine or
more hours
of sleep*:**

WHY?

- 😴 Getting enough sleep can improve your mood and keep your energy up throughout the day.

ASK ...

- 😴 What helps you get a good night's sleep?
- 😴 Why do you think sleep is important for your heart and mind?
- 😴 What helps you fall asleep at night?

*7 hours or more for adults



CHALLENGE!

FAMILY 5210+ BINGO!

- Cross off the box when your family completes the healthy habit.
- Five boxes in a row (horizontally, vertically or diagonally) and you have a bingo.
- If you're up for a real challenge, see if your family can cross off all of the boxes!

Have fun!



Scan here for more healthy tips.

























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Zero sugary drinks today. 	Go on a family walk. 	Fill half your plate with fruits and vegetables. 	Read together for 20 minutes at bedtime. 	Play a card or board game. 
Try a new recipe together. 	Write a note to a friend or family member. 	Fill your water bottle(s) before you leave home. 	Family dance party! 	Get a full night's sleep. 
Make an obstacle course. 	Turn off screens an hour before bed. 	Talk to your family about your student log. 	Screen-free day. 	Eat a fruit or vegetable for a snack. 
Go to bed 30 minutes earlier. 	Try a new fruit or vegetable. 	No technology during meal times. 	Drink at least one glass of water per meal. 	Stretch together as a family. 
Read a book together. 	Only drink water or milk today. 	Play outside as a family. 	Cook a healthy meal together. 	Move your body so you sleep well tonight. 