HEALTHY KIDS 5210+ CHALLENGE

A school wide program to learn and practice the 5210+ healthy habits every day.

Take the Challenge!

The Healthy Kids 5210+ Challenge is a **FREE** month-long program, held in February, where students and school staff learn and practice the 5210+ healthy habits every day.

The goal is to get 5 servings of fruits and vegetables, no more than 2 hours of recreational screen time, 1 hour or more of physical activity, 0 sugary drinks and 9 or more hours of sleep. EVERY DAY!

How does it work?

- Students and staff will receive a paper log to complete at home or at school. Logs and posters and will be delivered to your school in January.

- The Challenge takes place Feb. 1-28.

- At the end of the Challenge, students and staff will submit their logs using a link to an online form.

- Schools with the highest student and staff participation and highest percentage increase in participation from the prior year will be awarded prize money to spend on PE equipment and school wellness initiatives.

- Students and staff who get 80 or more checkmarks will earn a FREE 5210+ Challenge T-shirt.

- Winners will be announced in May. Shirts will be delivered to your school by mid-May

Healthy Hearts and Minds
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Week of Jan. 19

- ☐ Challenge materials (posters and logs) will be delivered to your school!

- ☐ Hang large posters in cafeteria and/or gym.

- ☐ All printable materials are available at uchealth.org/5210challenge

- ☐ Distribute classroom posters to teachers, if applicable.

- ☐ Make a plan with your wellness team/student ambassadors to promote the Challenge.

Week of Jan. 26

- ☐ Distribute tracking logs to students, staff and families.

- ☐ Have your school and families follow us on Facebook (UCHealth-Healthy Kids Club) for Challenge updates.

- ☐ Send 5210+ video link to classroom teachers-uchealth.org/5210challenge

Feb. 1 – Feb. 28 – The Challenge is on!

- ☐ Feb. 1 – Schedule an all-school call-out/reverse call to promote the Challenge (check out sample scripts on page 3.)

- ☐ Make morning announcements/videos promoting the Challenge.

- ☐ Include Challenge promotions in school newsletters, social media pages and classroom learning pages.

- ☐ Extra copies of the Logs are available on the Healthy Hearts and Minds at uchealth.org/5210challenge

- ☐ The 5210+ Challenge submission form link goes live on Feb. 26 and closes on March 5.

- ☐ Provide email link to staff and students so they can submit their own results.

- ☐ Feb. 28 – Schedule an all-school call-out/reverse call to remind families that submission forms need to be completed by Thursday, March 5.

March 5 – Challenge submission forms are due!

Prize winners will be announced the first week of May. T-shirts will be delivered by mid-May.

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PROMOTING THE CHALLENGE

Past Challenge winners have been successful by promoting the Challenge to their school community **before, during and after** the Challenge. We have compiled some ideas for you to try at your schools including phone call scripts for families, newsletter promo language, morning announcement scripts and classroom teacher FAQs and tips.

Other ideas include kick-off assemblies, PBIS rewards catching kids practicing the 5210+ healthy habits and wear your old 5210+ Challenge shirt days.

PHONE CALL SCRIPTS

Before the Challenge

Hello _____ _____ , this is _____your school _____.

Example: Hello Bayside Tigers! This is Mr. Belding, your school principal.

It's Healthy Kids 5210+ Challenge time! Our school can win up to $1,500 in prize money by practicing 5210+ healthy habits. The whole month of February, students, staff and families can track their daily 5210+ healthy habits on a tracking log.

The tracking log will be handed out this week to your students. At the end of the month, students with 80 or more checks will earn a T-shirt!

Families—complete the Family 5210+ Bingo for additional family fun.

Let's win some money for _____ and get healthy while we do it!

End of the Challenge

Monday, March 2:

Hello _____ _____ , this is _____your school _____

Example: Hello Bayside Tigers! This is Mr. Belding, your school principal.

The Healthy Kids 5210+ Challenge ends today. Please submit your online 5210+ Challenge submission form by Thursday, March 5.

Great job _____!

Winners will be announced the first week in May. T-shirts will be delivered mid-May.

SCHOOL NEWSLETTER PROMO

The Challenge is On!

The Healthy Kids 5210+ Challenge is a FREE month-long program, held in February, where students, school staff and families learn and practice the 5210+ healthy habits. The goal is to get 5 servings of fruits and vegetables, 2 hours or less of recreational screen time,1 hour or more of physical activity, 0 sugary drinks and 9 or more hours of sleep EVERY DAY!

Your student(s) will be bringing home a tracking log to keep track of their healthy habits throughout the month of February. Students that complete 80 checkmarks on their log will earn a FREE t-shirt. All students and staff that participate can help our school earn money for PE equipment and school wellness initiatives.

5210+ HEALTHY KIDS LEARN BETTER!

Check with the PE or classroom teacher for more information or visit uchealth.org/5210challenge.

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During the Challenge

The Healthy Kids 5210+ Challenge is on!

Healthy kids learn better. During the 5210+ Challenge, we get to practice healthy habits that help us learn!

Let's win prizes for our_____! *Example: Kruse Cougars*

Do you know what 5210+ stands for?

- **5** fruits & vegetables.

- **2** hours or less of for-fun screen time.

- **1** hour of physical activity.

- **0** sugary drinks.

- **+** 9 or more hours of sleep.

Share a bullet point from below and remind students to fill in their log when they get home.

Get your 5 fruits and veggies today

- Raisins are made from grapes that have dried in the sun for two to three weeks. A quarter cup of raisins in your lunch can count as 1 of your 5 servings.

- What color are carrots? Did you know that they can be purple, red, black and white?

- Take a look at your fist. One serving size of fruit or veggies is the size of your fist, so it's different for each person.

- Having fresh fruit or vegetables as a snack will help you stay full longer. They give you longer lasting energy than sugary and salty snacks.

- Make a goal to try a new fruit or vegetable every week. You might find that you love kiwi or avocados.

After you share one of these points, say, **"Eat a rainbow of 5 fruits and veggies today!"**

Try to limit your screen time to less than 2 hours each day

- Recreational screen time includes watching TV and playing on a computer, phone or video game. You should limit your recreational screen time to less than 2 hours each day.

- Did you know that the average child watches 20,000 commercials each year? Commercials on TV and other streaming services can lead to unhealthy habits in children and adults.

- Did you know that children who have too much screen time are more likely to have lower grades in school, read fewer books and exercise less?

- Are you up for a "screen-free" challenge? Pick a day this month to keep screens off the whole day!

After you share one of these points, say, **"Get less than 2 hours of screen time today!"**

Get your heart pumping with 1 hour or more of physical activity today

- Try this physical activity together as a class right now: high knee march—march in place, lifting your knees in front of you as high as you can. Count to 20.

- Physical activity doesn't have to be a sport. It can be other activities you do for fun that get your body moving, like dancing, bike riding, swimming and running.

- Physical activity makes you feel happier.

- You can break up your hour of physical activity into smaller, 10-to-15-minute sessions throughout the day (about the time of one recess).

- Physical activity helps build and maintain healthy bones, muscles and joints.

After you share one of these points, say, **"Get your 1 hour of physical activity today, you'll feel great!"**

Choose water or white milk instead of sugary drinks today

- How many teaspoons of sugar are in a 20-ounce bottle of Mountain Dew? 18 teaspoons. Elementary aged children should not get more than 3 teaspoons of sugar a day. A Mountain Dew has about 6 days' worth of sugar.

- What's the #1 thirst quencher? Water!

- Bring a water bottle to school. Fill it up and drink it.

- How much of your body is made up of water? 70 to 80 percent. That means water makes up more of your body than bones and organs.

- Don't forget about another healthy drink—milk. White milk gives your body nine essential nutrients: potassium, vitamin B12, vitamin A, riboflavin, niacin, phosphorus, calcium, protein and vitamin D.

- Kids drink twice as much soda today compared to kids 10 years ago. Ditch the soda for water.

- When you play hard, you sweat. When you sweat, you lose water and minerals. Make sure to drink water right after any activity that makes you sweat.

After you share one of these points, say, **"Drink water or white milk instead of sugary drinks today!"**

Plus, get 9 or more hours of sleep tonight

- Turn off your screens at least one hour before bedtime.

- Sleep helps your brain stay focused, calm and on task.

- A good night's sleep will keep you from getting sick.

- Some sugary drinks also have caffeine, which can keep you awake at night. Drink water instead.

- Try to go to sleep at the same time each night and wake up at the same time every day.

After you share one of these points, say, **"We need to hear you snore, check that plus box for 9 or more hours of sleep today!"**

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CLASSROOM TEACHER FAQS AND TIPS

How can I help my school win wellness money during the 5210+ Challenge?

- Send home reminders in your weekly classroom newsletter via Remind or classroom learning pages. Make it a family challenge and encourage parents to participate.
- Hang a Challenge poster in your classroom.
- Remind your students to fill out their logs regularly.
- Have students write things down in their planners, like "get 9+ hours of sleep" and "eat fruits and veggies."
- Assign screen-free evenings as homework.
- Wear a 5210+ Challenge shirt from previous years.
- Make February celebrations active and healthy.
- Submit logs online using this link: redcap.link/5210challenge by Thursday, March 5.

What is the best way to be a 5210+ role model?

- Eat fruits and veggies in front of your students. Teachers need their veggies, too!
- Join students in movement breaks and at recess. This boosts your brain power and helps you feel good.
- Take classroom water breaks throughout the day.
- Share personal stories about screen-free activities and healthy sleep habits.

How can I remind students of 5210+ opportunities at school?

At lunch:
- Encourage fruits and veggies. A serving is the size of your fist.
- Remind them to choose white milk or water.

In the classroom:
- Take movement breaks throughout the day
- Challenge students to pick non-screen activities during free-choice time.
- Allow students to have water bottles at their desks.

At recess:
- Remind students to move their bodies—walk, run and play!

How can I help students/parents fill out their submission form at the end of the Challenge?

Send the link to the submission form in an email to parents:

- Link is: redcap.link/5210challenge
- Remind them to fill it out by Thursday, March 5.
- Even if students did not get 80 checkmarks, its important to fill out the form so the school can get participation credit towards a school wellness money.

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5210+ CHALLENGE!

FEBRUARY 2026

Name: _____

Student 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 ☐ +9 or more hours of sleep	**2** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**3** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**4** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**5** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**6** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**7** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep
8 ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**9** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**10** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**11** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**12** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**13** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**14** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep
15 ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**16** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**17** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**18** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**19** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**20** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**21** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep
22 ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**23** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**24** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**25** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**26** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**27** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +9 or more hours of sleep	**28** ☐ 5 fruits and veggies ☐ 2 hours or less screen time ☐ 1 hour of activity: ☐ 0 sugary drinks ☐ +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 in the box at the top of the page.

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

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To download a replacement log, click on the image above to go to the Healthy Hearts and Minds website.

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