



## Join the 5210+ Challenge!

**What is it?** A school-wide program to learn and practice the 5210+ health habits.

### What are the 5210+ healthy habits?

- 5 fruits and vegetables
- 2 hours or less of recreational screen time
- 1 or more hour of physical activity
- 0 sugary drinks
- + 9 or more hours of sleep (youth)
- + 7 or more hours of sleep (adults)

### Who can participate?

Students, teachers, staff, and families!

**When?** February 2020

**Why?** Practicing and maintaining healthy habits daily for 4 weeks helps to create and maintain healthy habits.

**How?** Track your 5210+ habits on your log. Earn at least 80 checks (out of a total of 145) to get a water bottle. Schools with the highest percentage of participants will have a chance at being crowned 5210+ champions!

### Turn your logs in by Monday, March 2!

- Add up the total number of checks on your log.
- Participant form & log must be filled out completely in order to be counted.
- Parent/guardian signature required.

**Questions?** Contact [jill.matlock@morgan.k12.co.us](mailto:jill.matlock@morgan.k12.co.us)

**5210+ Challenge Student Participant Form- this participant form must be completed in full and signed by a parent or guardian to be counted towards your school's participation.**

Last name: \_\_\_\_\_ First name: \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_ School: \_\_\_\_\_

Total # of checks: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_

**FAMILIES: Complete the family log sent home with your child for a chance to win a Safeway gift card (one card per school). Please see family log for further instructions.**



Fruits and vegetables provide nutrients, water, fiber, and phytochemicals that help prevent diseases and keep your body healthy.

**Tip:** Fill half your plate at meals with vegetables! Fruits also make a great snack when you are craving something sweet.



Recreational screen time is free time spent in front of screens – like televisions, video games, and the internet.

**Tip:** Physical activities like tag, riding your bike, or playing outside with friends are great replacements for screen-time activities such as watching TV and video games.



Physical activity helps build muscle and bone strength, keeps your heart healthy, and helps improve your concentration and focus.

**Tip:** Try breaking up physical activity into short bouts of 10 minutes throughout the day to help make attaining the recommended 60 minutes of PA a day easier!



It is important to drink fluids to stay healthy, but sweetened beverages, such as soda, flavored milk, and juice, add extra sugar and calories to the diet that can negatively affect health.

**Tip:** Try adding fruit slices like oranges or lemons to your water bottle to add some flavor if you do not like the taste of plain water.



Sleep helps your brain stay focused, calm and on task. It also improves your mood and attitude!

**Tip:** Turn off screens an hour before bedtime. The blue light emitted from electronics can disrupt sleep patterns and negatively affect the quality of sleep.



# Student Log

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						___ 5 fruits & veggies ___ 2 hours or less of screen time ___ 1 hour of activity ___ 0 sugary drinks ___ 9+ hours of sleep
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**Take the Challenge!**

- Check the box when you complete the daily 5210+ health habits
- Schools with the highest percentage of participation will have a chance at winning prizes.

**Logs must be completed to count.**

**Totals**

Week 1 \_\_\_\_\_

Week 2 \_\_\_\_\_

Week 3 \_\_\_\_\_

Week 4 \_\_\_\_\_

Week 5 \_\_\_\_\_

Total # of checks \_\_\_\_\_

**Logs are due Monday, March 2.**