



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 20 checks for a chance at winning a Safeway gift card (one per school).

One log per family: turn in logs to your oldest child's teacher 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

5210+ Challenge Family 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 (of child turning log in): _____

Grade: _____ Teacher: _____ School: _____

Total # of checks: _____

Parent/Guardian signature: _____ # of family members: _____

Email: _____



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.



Family Log

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<input type="checkbox"/> Cook a healthy meal together
<input type="checkbox"/> Screen free Sunday	<input type="checkbox"/> Family dance party!	<input type="checkbox"/> Drink only water and/or milk today	<input type="checkbox"/> Read together for 20 minutes before bed time	<input type="checkbox"/> Fill half your plate with fruits & veggies	<input type="checkbox"/> Play a card or board game	<input type="checkbox"/> Bundle up & play outside
<input type="checkbox"/> Zero sugary drinks	<input type="checkbox"/> Go to bed 30 minutes early tonight	<input type="checkbox"/> Free choice! (Choose any 5210+ activity and write it in!)	<input type="checkbox"/> Try a new recipe together	<input type="checkbox"/> No technology during meal times	<input type="checkbox"/> Play flashlight tag	<input type="checkbox"/> Drink only water and/or milk
<input type="checkbox"/> Family breakfast in your PJs	<input type="checkbox"/> Cook a health meal together	<input type="checkbox"/> Read a book together	<input type="checkbox"/> Family dance party!	<input type="checkbox"/> Drink only water and/or milk today	<input type="checkbox"/> Turn off screens an hour before bed	<input type="checkbox"/> Wash & chop fruits & veggies for the week ahead
<input type="checkbox"/> Play a card or board game	<input type="checkbox"/> Bundle up & play outside	<input type="checkbox"/> Zero sugary drinks	<input type="checkbox"/> Read together for 20 minutes before bed time	<input type="checkbox"/> Fill half your plate with fruits & veggies	<input type="checkbox"/> No technology during meal times	<input type="checkbox"/> Free choice!

Take the Challenge!

- Check the box when you complete the daily 5210+ health habits. Your goal is 20 or more checks for a chance to win a Safeway gift card!
- Schools with the highest percentage of participation will have a chance at the 5210+ grand prize.

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.