



CHALLENGE!

JOIN THE HEALTHY KIDS CLUB 5210 CHALLENGE!

What is it? A program to learn and practice the 5210 healthy habits!

What are the 5210 healthy habits?

- 5 fruits and vegetables.
- 2 hours or less of recreational screen time.
- 1 hour or more of physical activity.
- 0 sugary drinks.
- **EVERY DAY!**

Who can participate? Students, teachers, staff and families!

When? February 2019

Why? Win cash for your school for being your healthy best!

How? Track your 5210 habits on your log. Get 20 or more checks to help your school win up to \$1000! Families with 20 or more checks will also have a chance to win a \$50 King Soopers gift card! Prizes will be awarded in May.

TURN YOUR LOGS IN BY WEDNESDAY, MARCH 6!

- Add up the total number of checks on your log.
- Complete the 5210 Challenge participant form at the top of your log.
- Participant form must be filled out completely in order to be counted.
- Parent/Guardian signature is required.

QUESTIONS? Contact your PE teacher or laurie.zenner@uhealth.org. If you misplace your log, additional logs are available online at healthykidsclub.org.

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. Completed logs must be turned in by Wednesday, March 6. Please turn your family log in to your oldest child's teacher.

Last name: _____ First name: _____

Grade: _____ Teacher: _____ School: _____

Total # of checks: _____ Email/Text # _____
(to receive additional Healthy Kids Club program info, optional)

Parent signature _____



Five servings of fruit and vegetables:

- Fruits and veggies:
 - Are high in vitamins.
 - Are naturally sweet.
 - Taste good!

- **Be a role model:** Kids (and adults!) try to eat at least five servings of fruits and vegetables every day (that's two servings of fruit and three servings of vegetables!)
- A serving is about the size of your fist- it depends on your age.
- Frozen/canned fruits and veggies are nutritious too!



Two hours or less of screen time:

- Too much screen time:
 - Makes it hard to focus in school.
 - Takes up time for playing, being active and using your imagination!
 - Makes it hard to get good sleep.

- **Be a role model:**
 - Turn off the screens during mealtime.
 - Watch, listen and play together. Talk about what is happening on the screen.
 - Keep a balance: mix screen time with other activities.
- Turn off the screens an hour before bedtime.



One hour or more of physical activity:

- Physical activity:
 - Boosts brain power!
 - Makes you feel good.
 - Makes your heart happy.
 - Makes you stronger.

- **Be a role model:** Schedule active family play time every day!



Zero sugary drinks:

- Kids who eat healthy, drink enough water and sleep well at night will have more energy for school and activities!

- **Be a role model:**
 - Water is the #1 thirst quencher!
 - Drink water or milk instead of soda, sports drinks, juice or drinks sweetened with sugar.
 - Make water more flavorful by adding fruits, veggies or herbs.



February 2019

Family Tracking Log

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h3>Take the Challenge!</h3> <ul style="list-style-type: none"> • Check the box when you complete the daily activity. • Your goal is 20 checks for a chance to win a \$50 King Soopers gift card. <p>Logs are due March 6.</p>				 Healthy Kids Club® <small>A program of UHealth</small> healthykidsclub.org	<input type="checkbox"/> Fill half of your dinner plate with fruits and veggies. ¹ 	<input type="checkbox"/> No technology at dinner. ²
<input type="checkbox"/> Go for a family walk. ³ 	<input type="checkbox"/> Just drink water or milk with meals. ⁴ 	<input type="checkbox"/> Try a new fruit today! ⁵ 	<input type="checkbox"/> Read a book together. ⁶ 	<input type="checkbox"/> Play some music and have a dance party. ⁷ 	<input type="checkbox"/> Zero sugary drinks today! ⁸ 	<input type="checkbox"/> Plan your weekly dinner menu as a family. ⁹
<input type="checkbox"/> Turn off all of the screens an hour before bedtime. ¹⁰ 	<input type="checkbox"/> Go for a family walk. ¹¹ 	<input type="checkbox"/> Flavor your water with fruits or veggies. ¹² 	<input type="checkbox"/> Eat dinner together. ¹³ 	<input type="checkbox"/> Go all day without turning on the TV. ¹⁴ 	<input type="checkbox"/> Learn the Macarena. ¹⁵ 	<input type="checkbox"/> Just drink water or milk with meals. ¹⁶
<input type="checkbox"/> Try a new veggie today! ¹⁷ 	<input type="checkbox"/> Play a board game. ¹⁸ 	<input type="checkbox"/> Bundle up and go outside and play. ¹⁹ 	<input type="checkbox"/> Zero sugary drinks today. ²⁰ 	<input type="checkbox"/> Fill half of your dinner plate with fruits and veggies. ²¹ 	<input type="checkbox"/> No technology at dinner. ²² 	<input type="checkbox"/> Play some music and have a dance party. ²³
<input type="checkbox"/> Just drink water or milk with meals. ²⁴ 	<input type="checkbox"/> Eat dinner together. ²⁵ 	<input type="checkbox"/> Do a family art project. ²⁶ 	<input type="checkbox"/> Go for a family walk. ²⁷ 	<input type="checkbox"/> Zero sugary drinks today. ²⁸ 	5210 Checks Week 1 _____ Week 4 _____ Week 2 _____ Week 5 _____ Week 3 _____ Total # of Checks _____	