



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 60 or more checks and you'll earn a T-shirt! Schools with the highest participation can earn up to \$1500 in prize money. Over \$20,000 will be awarded. Prizes will be awarded in May.

FAMILIES! Complete the blue family log for a chance to win a \$50 King Soopers gift card.

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.

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 Staff Participant Form –

THIS PARTICIPANT FORM MUST BE COMPLETED IN FULL to be counted towards your school's participation. Completed logs must be turned in by Wednesday, March 6.

Last name: _____ First name: _____

Grade: _____ School: _____

Total # of checks: _____ T-Shirt size: (circle one, if you have 60 or more checks) s m l xl

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



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

Staff 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 5210 health habits. • Your goal is 60 checks to win a t-shirt and prize money for your school! <p>Logs are due March 6.</p>			 <p>Healthy Kids Club® <small>A program of UCHealth</small> healthykidsclub.org</p>	<p>Sample</p> <input checked="" type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> 2 hours or less screen time <input checked="" type="checkbox"/> 1 hour of activity: <i>walk to school, swimming</i> <input checked="" type="checkbox"/> 0 sugary drinks	<p>1</p> <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> 2 hours or less screen time <input type="checkbox"/> 1 hour of activity: <hr/> <input type="checkbox"/> 0 sugary drinks	<p>2</p> <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> 2 hours or less screen time <input type="checkbox"/> 1 hour of activity: <hr/> <input type="checkbox"/> 0 sugary drinks
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<p>17</p> <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> 2 hours or less screen time <input type="checkbox"/> 1 hour of activity: <hr/> <input type="checkbox"/> 0 sugary drinks	<p>18</p> <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> 2 hours or less screen time <input type="checkbox"/> 1 hour of activity: <hr/> <input type="checkbox"/> 0 sugary drinks	<p>19</p> <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> 2 hours or less screen time <input type="checkbox"/> 1 hour of activity: <hr/> <input type="checkbox"/> 0 sugary drinks	<p>20</p> <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> 2 hours or less screen time <input type="checkbox"/> 1 hour of activity: <hr/> <input type="checkbox"/> 0 sugary drinks	<p>21</p> <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> 2 hours or less screen time <input type="checkbox"/> 1 hour of activity: <hr/> <input type="checkbox"/> 0 sugary drinks	<p>22</p> <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> 2 hours or less screen time <input type="checkbox"/> 1 hour of activity: <hr/> <input type="checkbox"/> 0 sugary drinks	<p>23</p> <input type="checkbox"/> 5 fruits and veggies <input type="checkbox"/> 2 hours or less screen time <input type="checkbox"/> 1 hour of activity: <hr/> <input type="checkbox"/> 0 sugary drinks
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