



## CHALLENGE!

The family log is made to go along with the student log so the entire family can practice the 5210+ healthy habits. Families that create healthy habits together are more likely to maintain them.



# FAMILY TRACKING LOG

Complete the 5210+ Challenge family log together—just for fun!



Scan here for more information and tips for practicing the 5210+ healthy habits.

## What are the 5210+ healthy habits?

# 5

**Five servings of fruits and vegetables:**

### WHY?

- Fruits and vegetables are packed with vitamins, minerals and fiber.
- Fruits and vegetables are good for your heart.

### HOW?

- Aim for 5 servings of fruit and vegetables every day:
  - A serving is about the size of your fist.
  - Raw, cooked, frozen, canned and dried are all nutritious.

# 2

**Two hours or less of screen time:**

### WHY?

- Too much screen time makes it harder for you to sleep.
- Too much time in front of a screen takes away time you could be moving your body.

### HOW?

- Unplug and play:
  - Turn on music and dance.
  - Go on a walk with your family.
- Limit screen time outside of school or work to two hours or less.

# 1

**One hour or more of physical activity:**

### WHY?

- Physical activity:
  - Makes your heart and mind happy.
  - Makes you stronger.
  - Helps you sleep better.

### HOW?

- Move your body all day long:
  - Things like recess, PE, walking to school and playing after school all add up.

# 0

**Zero sugary drinks:**

### WHY?

- Our bodies are made of water, not sugary drinks!
- Water keeps us hydrated.

### HOW?

- Swap your sugary drinks for water.
- When you're thirsty, reach for water.

# +

**Nine or more hours of sleep\*:**

### WHY?

- Sleep can improve your mood.
- Getting enough sleep at night can give you more energy during the day.

### HOW?

- Try to get nine or more hours of sleep every night.\*
- Practice healthy bedtime habits.




























\*For adults, try to get seven or more hours of sleep.



# FEBRUARY 2025

## Family Tracking Log

### CHALLENGE!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Take the Challenge!</b></p> <ul style="list-style-type: none"> <li>✓ Check the box when your family completes the daily 5210+ activity.</li> <li>✓ Free choice days—pick a 5210+ activity of your choice and write it on the line.</li> </ul>			<p><b>Have fun!</b></p>		 <p>Scan here for more information and tips for practicing the 5210+ healthy habits.</p>	<input type="checkbox"/> Go on a family walk. 
<input type="checkbox"/> Read together for 20 minutes at bedtime. 	<input type="checkbox"/> Fill half your plate with fruits and vegetables. 	<input type="checkbox"/> Play a card or board game. 	<input type="checkbox"/> Bundle up and play outside. 	<input type="checkbox"/> Zero sugary drinks today. 	<input type="checkbox"/> Go to bed 30 minutes earlier tonight. 	<input type="checkbox"/> FREE choice! <hr/> <b>5 2 1 0 +</b>
<input type="checkbox"/> Try a new recipe together. 	<input type="checkbox"/> Write a note to a friend or family member. 	<input type="checkbox"/> Family dance party! 	<input type="checkbox"/> Fill your water bottle(s) before you leave home. 	<input type="checkbox"/> Get a full night's sleep. 	<input type="checkbox"/> Eat a fruit or vegetable for a snack. 	<input type="checkbox"/> Read a book together. 
<input type="checkbox"/> Make an obstacle course. 	<input type="checkbox"/> Drink only water with your meals. 	<input type="checkbox"/> Turn off screens an hour before bed. 	<input type="checkbox"/> Try a new fruit or vegetable. 	<input type="checkbox"/> Screen-free day. 	<input type="checkbox"/> Have family yoga time. 	<input type="checkbox"/> Drink at least one glass of water per meal. 
<input type="checkbox"/> Move your body today so you sleep well tonight. 	<input type="checkbox"/> Cook a healthy meal together. 	<input type="checkbox"/> FREE choice! <hr/> <b>5 2 1 0 +</b>	<input type="checkbox"/> No technology during meal times. 	<input type="checkbox"/> Play outside as a family. 	<input type="checkbox"/> Only drink water or milk today. 	<p><b>Keep practicing the 5210+ healthy habits together all year!</b></p>