



CHALLENGE!

TAKE THE CHALLENGE!

What is it?

A school-wide program to learn and practice the **5210+ healthy habits**. Join over 100 northern Colorado schools as we celebrate our 20th year!

When? February 2025

Why? Practicing 5210+ every day for a month can help you build healthy habits that last a lifetime!

How? Track your 5210+ habits on your log. Get 80 (out of a total of 140) or more checks and you'll earn a T-shirt! Schools with the highest participation percentage can earn prize money. Winners will be announced in May.



Families:

Complete the blue family log (sent home with oldest/only child) to join in the fun as a family.

To print a copy, go to healthykidsclub.org.

Submit your log online (one submission per person) using this link:

redcap.link/noco5210challenge

by Wednesday, March 5. Submission form link will be live February 27.

Questions? Contact your PE teacher or cindy.meland@uchealth.org. If you misplace your log, additional logs are available online at healthykidsclub.org.

STAFF TRACKING LOG

School district: _____ School: _____

First name: _____ Last name: _____

Role at school: _____

Total # of checks: _____ T-shirt size: **yxs ys ym yl as am al axl axxl**
(circle one, if you have 80 or more checks)

Your email: _____
(If you would like to opt-in for additional Healthy Hearts and Minds program information, please provide us your email address.)



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 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 taking a walk during the school day and even a short workout 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.

+

Seven 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 seven or more hours of sleep every night.
- Practice healthy bedtime habits.



CHALLENGE!

FEBRUARY 2025

Name: _____

Staff Tracking Log

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Take the Challenge!</p> <p>✓ Check the box when you complete the daily 5210+ healthy habits.</p> <p>✓ Your goal is 80 checks to earn a T-shirt.</p> <p>Submit your log online (one submission per person) using redcap.link/noco5210challenge by Wednesday, March 5.</p>			<p>EXAMPLE</p> <p><input checked="" type="checkbox"/> 5 fruits and veggies</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input checked="" type="checkbox"/> 1 hour of activity: <i>walk to school, play in snow</i></p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input checked="" type="checkbox"/> + 7 or more hours of sleep</p>	<p>5210+ Checks</p> <p>Week 1: _____ Week 4: _____</p> <p>Week 2: _____ Week 5: _____</p> <p>Week 3: _____ Total # of checks: _____</p>	<p><input type="checkbox"/> 5 fruits and veggies 1</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input type="checkbox"/> 1 hour of activity: _____</p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input type="checkbox"/> + 7 or more hours of sleep</p>	
<p><input type="checkbox"/> 5 fruits and veggies 2</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input type="checkbox"/> 1 hour of activity: _____</p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input type="checkbox"/> + 7 or more hours of sleep</p>	<p><input type="checkbox"/> 5 fruits and veggies 3</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input type="checkbox"/> 1 hour of activity: _____</p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input type="checkbox"/> + 7 or more hours of sleep</p>	<p><input type="checkbox"/> 5 fruits and veggies 4</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input type="checkbox"/> 1 hour of activity: _____</p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input type="checkbox"/> + 7 or more hours of sleep</p>	<p><input type="checkbox"/> 5 fruits and veggies 5</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input type="checkbox"/> 1 hour of activity: _____</p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input type="checkbox"/> + 7 or more hours of sleep</p>	<p><input type="checkbox"/> 5 fruits and veggies 6</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input type="checkbox"/> 1 hour of activity: _____</p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input type="checkbox"/> + 7 or more hours of sleep</p>	<p><input type="checkbox"/> 5 fruits and veggies 7</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input type="checkbox"/> 1 hour of activity: _____</p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input type="checkbox"/> + 7 or more hours of sleep</p>	<p><input type="checkbox"/> 5 fruits and veggies 8</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input type="checkbox"/> 1 hour of activity: _____</p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input type="checkbox"/> + 7 or more hours of sleep</p>
<p><input type="checkbox"/> 5 fruits and veggies 9</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input type="checkbox"/> 1 hour of activity: _____</p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input type="checkbox"/> + 7 or more hours of sleep</p>	<p><input type="checkbox"/> 5 fruits and veggies 10</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input type="checkbox"/> 1 hour of activity: _____</p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input type="checkbox"/> + 7 or more hours of sleep</p>	<p><input type="checkbox"/> 5 fruits and veggies 11</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input type="checkbox"/> 1 hour of activity: _____</p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input type="checkbox"/> + 7 or more hours of sleep</p>	<p><input type="checkbox"/> 5 fruits and veggies 12</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input type="checkbox"/> 1 hour of activity: _____</p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input type="checkbox"/> + 7 or more hours of sleep</p>	<p><input type="checkbox"/> 5 fruits and veggies 13</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input type="checkbox"/> 1 hour of activity: _____</p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input type="checkbox"/> + 7 or more hours of sleep</p>	<p><input type="checkbox"/> 5 fruits and veggies 14</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input type="checkbox"/> 1 hour of activity: _____</p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input type="checkbox"/> + 7 or more hours of sleep</p>	<p><input type="checkbox"/> 5 fruits and veggies 15</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input type="checkbox"/> 1 hour of activity: _____</p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input type="checkbox"/> + 7 or more hours of sleep</p>
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<p><input type="checkbox"/> 5 fruits and veggies 23</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input type="checkbox"/> 1 hour of activity: _____</p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input type="checkbox"/> + 7 or more hours of sleep</p>	<p><input type="checkbox"/> 5 fruits and veggies 24</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input type="checkbox"/> 1 hour of activity: _____</p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input type="checkbox"/> + 7 or more hours of sleep</p>	<p><input type="checkbox"/> 5 fruits and veggies 25</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input type="checkbox"/> 1 hour of activity: _____</p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input type="checkbox"/> + 7 or more hours of sleep</p>	<p><input type="checkbox"/> 5 fruits and veggies 26</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input type="checkbox"/> 1 hour of activity: _____</p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input type="checkbox"/> + 7 or more hours of sleep</p>	<p><input type="checkbox"/> 5 fruits and veggies 27</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input type="checkbox"/> 1 hour of activity: _____</p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input type="checkbox"/> + 7 or more hours of sleep</p>	<p><input type="checkbox"/> 5 fruits and veggies 28</p> <p><input type="checkbox"/> 2 hours or less screen time</p> <p><input type="checkbox"/> 1 hour of activity: _____</p> <p><input type="checkbox"/> 0 sugary drinks</p> <p><input type="checkbox"/> + 7 or more hours of sleep</p>	<p>Add up your checks at the end of each week and write your total in the box at the top of the page.</p>