

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 student) 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.

STUDENT TRACKING LOG

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Grade: Teacher (last name): 5210+ heal fotal # of checks: T-shirt size: yxs ys ym yl as am ax axxl (circle one, if you have 80 or more checks) Did your family complete a blue family log? Yes No Parent email:	re for more ion and tips
(circle one, if you have 80 or more checks) Did your family complete a blue family log?	cticing the althy habits.
Parent email:	
(If you would like to opt-in for additional Healthy Hearts and Minds program information, please provide us your email address.)	

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 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.



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.





FEBRUARY 2025

Name:			

Student Tracking Log

Your goal is 80 checks to earn a T-shirt. Submit your log online (one submission per student) using redcap.link/noco5210challenge by Wednesday, March 5. Submit your log online (one submission per student) using redcap.link/noco5210challenge by Wednesday, March 5. Submit your log online (one submission per student) using redcap.link/noco5210challenge by Wednesday, March 5. Submit your log online (one submission per student) using redcap.link/noco5210challenge by Wednesday, March 5. Submit your log online (one submission per student) using redcap.link/noco5210challenge by Wednesday, March 5. Submit your log online (one submission per student) using redcap.link/noco5210challenge by Wednesday, March 5. Submit your log online (one submission per student) using redcap.link/noco5210challenge by Wednesday, March 5. Submit your log online (one submission per student) using redcap.link/noco5210challenge by Wednesday, March 5. Submit your log online (one submission per student) using redcap.link/noco5210challenge by Wednesday, March 5. Submit your log online (one submission per student) using redcap.link/noco5210challenge by Wednesday, March 5. Submit your log online (one submission per student) using redcap.link/noco5210challenge by Wednesday, March 5. Week 3: Struits and veggies 5 5 fruits and veggies 6 5 fruits and veggies 7 2 hours or less screen time 1 hour of activity: 1 hour of activity: 1 hour of activity: 1 hour of activity: 2 hours or less screen time	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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