

5210 Challenge

Track your healthy behaviors all month long!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
# fruits and veggies 2 hrs or less "screen" time 1 hr physical activity 0 sugar-sweetened drinks	# fruits and veggies 2 hrs or less "screen" time 1 hr physical activity 0 sugar-sweetened drinks	# fruits and veggies 2 hrs or less "screen" time 1 hr physical activity 0 sugar-sweetened drinks	# fruits and veggies 2 hrs or less "screen" time 1 hr physical activity 0 sugar-sweetened drinks	# fruits and veggies 2 hrs or less "screen" time 1 hr physical activity 0 sugar-sweetened drinks	# fruits and veggies 2 hrs or less "screen" time 1 hr physical activity 0 sugar-sweetened drinks	# fruits and veggies 2 hrs or less "screen" time 1 hr physical activity 0 sugar-sweetened drinks
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Score one point for each serving of a fruit or veggie

Score 2 points for every day you had 2 hours or less of "screen" time (tv, computer, Gameboys)

Score 2 points for every day you participated 1 hour (or more) in physical activity

Score 2 points for every day you had zero (no) servings of a sugar-sweetened drinks

Score 2 bonus points for each new fruit and vegetable you ate:

List new fruits/vegetables _____

NAME _____

PARENT SIGNATURE _____

TOTAL POINTS _____



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