




# February 2021 5210+ Tracking Log

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY							
<b>SAMPLE</b> <input checked="" type="checkbox"/> 5 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 1 <i>walking, riding my bike</i> <input type="checkbox"/> 0 <input checked="" type="checkbox"/> +	<b>1</b> <input type="checkbox"/> 5 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> 0 <input type="checkbox"/> +	<b>2</b> <input type="checkbox"/> 5 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> 0 <input type="checkbox"/> +	<b>3</b> <input type="checkbox"/> 5 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> 0 <input type="checkbox"/> +	<b>4</b> <input type="checkbox"/> 5 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> 0 <input type="checkbox"/> +	<b>5</b> <input type="checkbox"/> 5 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> 0 <input type="checkbox"/> +	<b>6</b> <input type="checkbox"/> 5 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> 0 <input type="checkbox"/> +							
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<b>28</b> <input type="checkbox"/> 5 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> 0 <input type="checkbox"/> +	<h2 style="color: #c00000;">Take the Challenge!</h2> <ul style="list-style-type: none"> <li>• Check the box when you complete the daily 5210+ health habits.</li> <li>• Your goal is 80 checks to win a t-shirt and prize money for your school!</li> </ul>		 Healthy Kids Club <small>A program of UHealth</small>  		<h2 style="color: #c00000;">5210+ Checks</h2> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Week 1: <input style="width: 90%;" type="text"/></td> <td style="width: 50%;">Week 4: <input style="width: 90%;" type="text"/></td> </tr> <tr> <td>Week 2: <input style="width: 90%;" type="text"/></td> <td>Week 5: <input style="width: 90%;" type="text"/></td> </tr> <tr> <td>Week 3: <input style="width: 90%;" type="text"/></td> <td>Total # of Checks: <input style="width: 90%;" type="text"/></td> </tr> </table> <p style="text-align: center; color: #c00000; font-weight: bold;">5210+ Challenge Submission Form Link</p>			Week 1: <input style="width: 90%;" type="text"/>	Week 4: <input style="width: 90%;" type="text"/>	Week 2: <input style="width: 90%;" type="text"/>	Week 5: <input style="width: 90%;" type="text"/>	Week 3: <input style="width: 90%;" type="text"/>	Total # of Checks: <input style="width: 90%;" type="text"/>
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**5**  
fruits and vegetables

**2**  
hours or less of screen time

**1**  
hour or more of physical activity

**0**  
sugary drinks

**+**  
9 or more hours of sleep

## CHALLENGE!

### JOIN THE HEALTHY KIDS 5210+ CHALLENGE!

**What is it?** A school-wide program to learn and practice the 5210+ healthy habits. Check out this [video!](#)

**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.
- +** 9 or more hours of sleep.

EVERY DAY!

**Who can participate?** Students, teachers, staff and families!

**When?** February 2021

**Why?** Practicing healthy habits daily for 4 weeks helps to create and maintain lifelong healthy habits.

**Students and Staff!** 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 can earn up to \$1,500 in prize money. Over \$20,000 will be awarded. Winners will be announced in May.

**FAMILIES!** Participate in the Challenge with your child/children. Complete a log with 80 or more checks for a chance to win a 5210+ t-shirt.

**Challenge Complete!**  
After Feb. 28, follow [this link](#) to fill out the Challenge Submission Form and upload this log. The online form must be completed to be eligible for a t-shirt and to be counted towards your school's participation. **Form submission deadline is Wednesday, March 3.** Form link will go live on Feb. 28, 2021.

**QUESTIONS?** Contact your PE teacher or [laurie.zenner@uhealth.org](mailto:laurie.zenner@uhealth.org). For more information and additional resources: [healthykidsclub.org](http://healthykidsclub.org).