



## Instructions for 5210+ Tracking Log

### Fillable/Printable Tracking Log

This document allows students, staff and families the choice of either tracking their 5210+ healthy habits in an online document or printing the document and filling it out by hand.

### Instructions for using the Tracking Log online

Students, staff and families can track their 5210+ healthy habits right on the PDF!

- Each participant should save the Tracking Log with a unique filename (e.g., samlog.pdf)
- Open the PDF file.
- Select Save/Save As to create a unique filename. Make sure each participant puts the Tracking Log in a folder or place on their computer where it will be easy to find and fill out on a daily basis.
- Save the Tracking Log every time you check the boxes!

### Instructions for printing the Tracking Log

Students, staff and families may prefer to print out a Tracking Log for each participant to track their 5210+ healthy habits the old-fashioned way...with a pen or pencil.

- Open the PDF file.
- Select Print.
- Place Tracking Logs in a visible location that will remind participants to check the boxes every day!

# FAQs

## 1. What is 5210+?

<p><b>5</b></p> <p><b>Five servings of fruit and vegetables:</b></p> <ul style="list-style-type: none"><li>● Fruits and veggies are high in vitamins, naturally sweet and taste good!</li><li>● Healthy food:<ul style="list-style-type: none"><li>– Increases your energy levels.</li><li>– Improves your mood and attitude.</li></ul></li><li>● <b>Be a role model:</b> Kids (and adults!) try to eat at least five servings of fruits and vegetables every day (that's two servings of fruit and three servings of vegetables!).<ul style="list-style-type: none"><li>– A serving is about the size of your fist – it depends on your age.</li><li>– Frozen/canned fruits and veggies are nutritious too!</li></ul></li></ul>	<p><b>2</b></p> <p><b>Two hours or less of screen time:</b></p> <ul style="list-style-type: none"><li>📺 Too much screen time:<ul style="list-style-type: none"><li>– Makes it hard to focus in school.</li><li>– Takes up time for playing, being active and using your imagination!</li><li>– Makes it hard to sleep well.</li></ul></li><li>📺 <b>Be a role model:</b><ul style="list-style-type: none"><li>– Turn off the screens during mealtimes.</li><li>– Watch, listen and play together. Talk about what is happening on the screen.</li><li>– Keep a balance: mix screen time with other activities.</li><li>– Turn off the screens an hour before bedtime.</li></ul></li></ul>	<p><b>1</b></p> <p><b>One hour or more of physical activity:</b></p> <ul style="list-style-type: none"><li>🏃 Physical activity:<ul style="list-style-type: none"><li>– Boosts brain power!</li><li>– Makes you feel good.</li><li>– Makes your heart happy.</li><li>– Makes you stronger.</li><li>– Helps you sleep better.</li></ul></li><li>🏃 <b>Be a role model:</b><ul style="list-style-type: none"><li>– Schedule active family play time every day!</li><li>– Get your activity in small bursts throughout the day.</li></ul></li></ul>	<p><b>0</b></p> <p><b>Zero sugary drinks:</b></p> <ul style="list-style-type: none"><li>🥤 Water is the #1 thirst quencher!</li><li>🥤 Kids who drink enough water, eat healthy and sleep well at night will have more energy for school and activities!</li><li>🥤 <b>Be a role model:</b><ul style="list-style-type: none"><li>– Drink water or milk instead of soda, sports drinks, juice or drinks sweetened with sugar.</li><li>– Make water more flavorful by adding fruits, veggies or herbs.</li></ul></li></ul>	<p><b>+</b></p> <p><b>Nine or more hours of sleep:</b></p> <ul style="list-style-type: none"><li>🌙 Sleep:<ul style="list-style-type: none"><li>– Helps your brain stay focused, calm and on task.</li><li>– Improves your mood and attitude!</li><li>– Keeps you from getting sick.</li></ul></li><li>🌙 <b>Be a role model:</b><ul style="list-style-type: none"><li>– The amount of sleep you need depends on your age.<ul style="list-style-type: none"><li>– Ages 3-5 need 10-13 hours.</li><li>– Ages 6-12 need 9-12 hours.</li><li>– Ages 13-18 need 8-10 hours.</li><li>– Adults need 7 or more hours.</li></ul></li></ul></li><li>🌙 <b>Be a role model:</b><ul style="list-style-type: none"><li>– Turn off screens an hour before bedtime.</li></ul></li></ul>
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## 2. I want to use a printed Challenge Tracking Log. Can I turn in the printed log at school at the end of the Challenge?

- No – you will need to complete the online Submission Form. The link to the submission form is located in the bottom right corner of the fillable log. The link will go live February 28, 2021. Submission form must be completed by March 3.

## 3. Is there a separate family or staff log this year?

- No – all participants complete the same Challenge Tracking Log.
  - **Students** and **Staff** that meet the 80-check challenge AND fill out the Submission Form by March 3 will earn a FREE 5210+ Challenge T-shirt.
  - **Family members** who meet the 80-check challenge AND fill out the Submission Form by March 3 will be entered into a drawing to win a Challenge T-shirt.

## FAQs cont.

### 4. Do all family members need to get 9 hours of sleep to check the “+” box?

- No – see sleep recommendations below

**Age Group Recommended Hours of Sleep Per Day**

Age Group		Recommended Hours of Sleep Per Day
Preschool	3–5 years	10–13 hours per 24 hours (including naps)
School Age	6–12 years	9–12 hours per 24 hours
Teen	13–18 years	8–10 hours per 24 hours
Adult	18-60 years	7 or more hours per night

### 5. If I have less than 80 checks, should I still submit my Tracking Log?

- Yes – Fill out the Submission Form by March 3 - your submission could help your school earn prize money!

### 6. What if I have more questions?

- Contact your PE teacher or [laurie.zenner@uhealth.org](mailto:laurie.zenner@uhealth.org). For more information or additional resources: [healthykidsclub.org](http://healthykidsclub.org)
- For additional Challenge updates:
  - Like [UCHealth-Healthy Kids Club](https://www.facebook.com/UCHealth-HealthyKidsClub) on Facebook
  - Follow [@healthykidsclub](https://twitter.com/healthykidsclub) on Twitter