

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 _____

____ Points
 ____ Points
 ____ Points
 ____ Points
 ____ Points



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NAME _____ PARENT SIGNATURE _____

____ TOTAL POINTS