

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 _____

NAME _____

PARENT SIGNATURE _____

TOTAL POINTS _____



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