

# 5210 Challenge

## February 2024



# Student Tracking Log

Name: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY								
<b>Instructions:</b> <ul style="list-style-type: none"> <li>Circle the icon that corresponds to your 5210 daily habits.</li> <li>Write in the points associated with your 5210 daily habits (see key below).</li> <li>Total your points for the day.</li> </ul> <table border="1"> <tr> <td>How many servings of fruits and veggies did you eat today? (Goal: 5)</td> <td>How many hours did you spend on recreational screens today? (Goal: 2 or less)</td> <td>How many minutes of physical activity did you do today? (Goal: 60 mins)</td> <td>How many sugar-sweetened beverages did you have today? (Goal: 0)</td> </tr> <tr> <td>                       Points Earned: <b>1 2 3 4</b> </td> <td>                       Points Earned: <b>1 2 3 4</b> </td> <td>                       Points Earned: <b>1 2 3 4</b> </td> <td>                       Points Earned: <b>1 2 3 4</b> </td> </tr> </table>			How many servings of fruits and veggies did you eat today? (Goal: 5)	How many hours did you spend on recreational screens today? (Goal: 2 or less)	How many minutes of physical activity did you do today? (Goal: 60 mins)	How many sugar-sweetened beverages did you have today? (Goal: 0)	 Points Earned: <b>1 2 3 4</b>	 Points Earned: <b>1 2 3 4</b>	 Points Earned: <b>1 2 3 4</b>	 Points Earned: <b>1 2 3 4</b>	<b>Example</b> Servings of fruits and veggies:  Points <b>3</b> Hours of leisure screen time: <b>4</b> Minutes of exercise: <b>3</b> Number of sugary drinks consumed: <b>3</b> Points Total: <b>12</b>	<b>1</b> Servings of fruits and veggies:  Points _____ Hours of leisure screen time:  _____ Minutes of exercise:  _____ Number of sugary drinks consumed:  _____ Points Total: _____	<b>2</b> Servings of fruits and veggies:  Points _____ Hours of leisure screen time:  _____ Minutes of exercise:  _____ Number of sugary drinks consumed:  _____ Points Total: _____	<b>3</b> Servings of fruits and veggies:  Points _____ Hours of leisure screen time:  _____ Minutes of exercise:  _____ Number of sugary drinks consumed:  _____ Points Total: _____
How many servings of fruits and veggies did you eat today? (Goal: 5)	How many hours did you spend on recreational screens today? (Goal: 2 or less)	How many minutes of physical activity did you do today? (Goal: 60 mins)	How many sugar-sweetened beverages did you have today? (Goal: 0)											
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<b>4</b> Servings of fruits and veggies:  Points _____ Hours of leisure screen time:  _____ Minutes of exercise:  _____ Number of sugary drinks consumed:  _____ Points Total: _____	<b>5</b> Servings of fruits and veggies:  Points _____ Hours of leisure screen time:  _____ Minutes of exercise:  _____ Number of sugary drinks consumed:  _____ Points Total: _____	<b>6</b> Servings of fruits and veggies:  Points _____ Hours of leisure screen time:  _____ Minutes of exercise:  _____ Number of sugary drinks consumed:  _____ Points Total: _____	<b>7</b> Servings of fruits and veggies:  Points _____ Hours of leisure screen time:  _____ Minutes of exercise:  _____ Number of sugary drinks consumed:  _____ Points Total: _____	<b>8</b> Servings of fruits and veggies:  Points _____ Hours of leisure screen time:  _____ Minutes of exercise:  _____ Number of sugary drinks consumed:  _____ Points Total: _____	<b>9</b> Servings of fruits and veggies:  Points _____ Hours of leisure screen time:  _____ Minutes of exercise:  _____ Number of sugary drinks consumed:  _____ Points Total: _____	<b>10</b> Servings of fruits and veggies:  Points _____ Hours of leisure screen time:  _____ Minutes of exercise:  _____ Number of sugary drinks consumed:  _____ Points Total: _____								

Join your classroom's team at [cccwn.org/5210-register](http://cccwn.org/5210-register). Enter in all of your daily progress by the end of February to be considered for prizes.



