

What is the 5210 challenge?

A community wide challenge to improve health and well-being.

How do you pronounce it?

five-too-won-oh



When does it take place?

February 2024

Why?

Practicing healthy habits can set us up for success, both mentally and physically. If we can stick with something for one month, we have a greater likelihood of turning it into a habit.

How?

Track your habits on your log throughout the month of February. Get 80 checks to earn a small prize. The 3rd-5th grade class with the most amount of checks will win a large prize for their class. Winners will be announced in March.

What is the Bonus section on the tracker?

Share your favorite healthy habit you completed during the day. This could be reading a book, playing a new game with a friend, going on a hike, trying a new recipe or food, etc. The possibilities are endless!

Submitting trackers

Teachers can submit the students' trackers via the teacher portal on the 5210 webpage by March 6th, 2024.

Questions?

More information on the challenge and printable tracker logs can be found at cccwn.org/5210-home.

What are the 5210 healthy habits?

5 Five servings of fruits and veggies daily

Why?

Fruits and veggies are packed with vitamins, minerals and fiber and are good for your heart.

How?

Aim for five servings a day - a serving is about the size of your fist.

2 Two hours or less of leisure screen time

Why?

Screen time, especially late at night, can make it difficult to fall asleep. Too much screen time keeps you away from being active.

How?

Unplug and play a board game with a friend or sibling. Find other activities that make you happy.

1 One hour of physical activity daily

Why?

Physical activity helps to relieve stress and sadness and can help you to feel happy. Exercise also keeps your muscles growing and strong.

How?

Move your body all day long. Activities like walking to school, running at recess, and going to soccer practice all count!

0 Zero sugar sweetened beverages... and more water!

Why?

Water keeps us hydrated and allows our bodies and mind to be strong throughout the day.

How?

Switch out your soda or juice for more water throughout the day.



Thank you to our partners!



Join the challenge today!
February 2024

5210 Challenge

February 2024



Student Tracking Log

Student Name: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Instructions: <input checked="" type="checkbox"/> Check the box when you complete the daily 5210 healthy habit. <input checked="" type="checkbox"/> Your goal is 80 checks to win a small prize. <input checked="" type="checkbox"/> Classroom with the most amount of checks* will win a large prize. Submit your log to your teacher by Monday, March 4th. Teachers - submit your student's trackers on cccwn.org/5210-home by Wednesday, March 6th. <small>*Total points will be weighted based on class size</small>			Example <input checked="" type="checkbox"/> 5 servings of fruits and veggies <input type="checkbox"/> 2 hours or less of screen time <input type="checkbox"/> 1 hour of exercise <input checked="" type="checkbox"/> 0 sugary drinks <input checked="" type="checkbox"/> Bonus: Read my favorite book for 30 minutes	1 <input type="checkbox"/> 5 servings of fruits and veggies <input type="checkbox"/> 2 hours or less of screen time <input type="checkbox"/> 1 hour of exercise <input type="checkbox"/> 0 sugary drinks <input type="checkbox"/> Bonus: _____	2 <input type="checkbox"/> 5 servings of fruits and veggies <input type="checkbox"/> 2 hours or less of screen time <input type="checkbox"/> 1 hour of exercise <input type="checkbox"/> 0 sugary drinks <input type="checkbox"/> Bonus: _____	3 <input type="checkbox"/> 5 servings of fruits and veggies <input type="checkbox"/> 2 hours or less of screen time <input type="checkbox"/> 1 hour of exercise <input type="checkbox"/> 0 sugary drinks <input type="checkbox"/> Bonus: _____
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