

5210 Challenge

February 2024



Individual Tracking Log

Name: _____

Email: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY								
Instructions: <ul style="list-style-type: none"> Circle the icon that corresponds to your 5210 daily habits. Write in the points associated with your 5210 daily habits (see key below). Total your points for the day. <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: 1 2 3 4 </td> <td> Points Earned: 1 2 3 4 </td> <td> Points Earned: 1 2 3 4 </td> <td> Points Earned: 1 2 3 4 </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: 1 2 3 4	 Points Earned: 1 2 3 4	 Points Earned: 1 2 3 4	 Points Earned: 1 2 3 4	Example <p>Servings of fruits and veggies Points 3</p> <p>Hours of leisure screen time 4</p> <p>Minutes of exercise 3</p> <p>Number of sugary drinks consumed 3</p> <p>Points Total: 12</p>	1 <p>Servings of fruits and veggies Points _____</p> <p>Hours of leisure screen time _____</p> <p>Minutes of exercise _____</p> <p>Number of sugary drinks consumed _____</p> <p>Points Total: _____</p>	2 <p>Servings of fruits and veggies Points _____</p> <p>Hours of leisure screen time _____</p> <p>Minutes of exercise _____</p> <p>Number of sugary drinks consumed _____</p> <p>Points Total: _____</p>	3 <p>Servings of fruits and veggies Points _____</p> <p>Hours of leisure screen time _____</p> <p>Minutes of exercise _____</p> <p>Number of sugary drinks consumed _____</p> <p>Points Total: _____</p>
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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4 <p>Servings of fruits and veggies Points _____</p> <p>Hours of leisure screen time _____</p> <p>Minutes of exercise _____</p> <p>Number of sugary drinks consumed _____</p> <p>Points Total: _____</p>	5 <p>Servings of fruits and veggies Points _____</p> <p>Hours of leisure screen time _____</p> <p>Minutes of exercise _____</p> <p>Number of sugary drinks consumed _____</p> <p>Points Total: _____</p>	6 <p>Servings of fruits and veggies Points _____</p> <p>Hours of leisure screen time _____</p> <p>Minutes of exercise _____</p> <p>Number of sugary drinks consumed _____</p> <p>Points Total: _____</p>	7 <p>Servings of fruits and veggies Points _____</p> <p>Hours of leisure screen time _____</p> <p>Minutes of exercise _____</p> <p>Number of sugary drinks consumed _____</p> <p>Points Total: _____</p>	8 <p>Servings of fruits and veggies Points _____</p> <p>Hours of leisure screen time _____</p> <p>Minutes of exercise _____</p> <p>Number of sugary drinks consumed _____</p> <p>Points Total: _____</p>	9 <p>Servings of fruits and veggies Points _____</p> <p>Hours of leisure screen time _____</p> <p>Minutes of exercise _____</p> <p>Number of sugary drinks consumed _____</p> <p>Points Total: _____</p>	10 <p>Servings of fruits and veggies Points _____</p> <p>Hours of leisure screen time _____</p> <p>Minutes of exercise _____</p> <p>Number of sugary drinks consumed _____</p> <p>Points Total: _____</p>								

Bring your filled out tracking log to the library by Monday, March 4th, to be entered into a raffle.

You can also participate in the challenge online: ccwn.org/5210-home



Brought to you by the Coast to Cascades Community Wellness Network, CCCWN

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

11

Servings of fruits and veggies
 Points _____

Hours of leisure screen time

Minutes of exercise

Number of sugary drinks consumed

Points Total: _____

12

Servings of fruits and veggies
 Points _____

Hours of leisure screen time

Minutes of exercise

Number of sugary drinks consumed

Points Total: _____

13

Servings of fruits and veggies
 Points _____

Hours of leisure screen time

Minutes of exercise

Number of sugary drinks consumed

Points Total: _____

14

Servings of fruits and veggies
 Points _____

Hours of leisure screen time

Minutes of exercise

Number of sugary drinks consumed

Points Total: _____

15

Servings of fruits and veggies
 Points _____

Hours of leisure screen time

Minutes of exercise

Number of sugary drinks consumed

Points Total: _____

16

Servings of fruits and veggies
 Points _____

Hours of leisure screen time

Minutes of exercise

Number of sugary drinks consumed

Points Total: _____

17

Servings of fruits and veggies
 Points _____

Hours of leisure screen time

Minutes of exercise

Number of sugary drinks consumed

Points Total: _____

18

Servings of fruits and veggies
 Points _____

Hours of leisure screen time

Minutes of exercise

Number of sugary drinks consumed

Points Total: _____

19

Servings of fruits and veggies
 Points _____

Hours of leisure screen time

Minutes of exercise

Number of sugary drinks consumed

Points Total: _____

20

Servings of fruits and veggies
 Points _____

Hours of leisure screen time

Minutes of exercise

Number of sugary drinks consumed

Points Total: _____

21

Servings of fruits and veggies
 Points _____

Hours of leisure screen time

Minutes of exercise

Number of sugary drinks consumed

Points Total: _____

22

Servings of fruits and veggies
 Points _____

Hours of leisure screen time

Minutes of exercise

Number of sugary drinks consumed

Points Total: _____

23

Servings of fruits and veggies
 Points _____

Hours of leisure screen time

Minutes of exercise

Number of sugary drinks consumed

Points Total: _____

24

Servings of fruits and veggies
 Points _____

Hours of leisure screen time

Minutes of exercise

Number of sugary drinks consumed

Points Total: _____

25

Servings of fruits and veggies
 Points _____

Hours of leisure screen time

Minutes of exercise

Number of sugary drinks consumed

Points Total: _____

26

Servings of fruits and veggies
 Points _____

Hours of leisure screen time

Minutes of exercise

Number of sugary drinks consumed

Points Total: _____

27

Servings of fruits and veggies
 Points _____

Hours of leisure screen time

Minutes of exercise

Number of sugary drinks consumed

Points Total: _____

28

Servings of fruits and veggies
 Points _____

Hours of leisure screen time

Minutes of exercise

Number of sugary drinks consumed

Points Total: _____

29

Servings of fruits and veggies
 Points _____

Hours of leisure screen time

Minutes of exercise

Number of sugary drinks consumed

Points Total: _____

Week 1 Points: _____

Week 2 Points: _____

Week 3 Points: _____

Week 4 Points: _____

Week 5 Points: _____

Total # Points: _____

Turn your tracker in to the library by March 4th to be entered in to win a prize!