

### 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 50 circles to earn a small prize. The Pre-K-2nd grade class with the most amount of circles will win a large prize for their class. Winners will be announced in March.

### 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 [ccwn.org/5210-home](http://ccwn.org/5210-home).



## What are the 5210 healthy habits?

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### 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.

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### 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!

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### 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
<b>Instructions:</b> Circle the picture when you have completed the healthy habit. Your goal is 50 circles to win a small prize. Classroom with the most amount of circles* will win a large prize. Submit your log to your teacher by Monday, March 4th. Teachers - submit your student's trackers on <a href="http://cccwn.org/5210-home">cccwn.org/5210-home</a> by Wednesday, March 6th. <small>*Total points will be weighted based on class size</small>			<b>Example</b> Eat fruits and veggies Limit screen time Exercise More water	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	Week 1 Circles: _____ Parent Initial: _____ Week 2 Circles: _____ Parent Initial: _____ Week 3 Circles: _____ Parent Initial: _____ Week 4 Circles: _____ Parent Initial: _____ Week 5 Circles: _____ Parent Initial: _____ Total # Circles: _____ Parent Initial: _____	

