Keep up the good work!
Your last week starts on Day 15.

Week 3
How did you do?

15
16
17
18
19
20
21

My 5210 21 Day Challenge Tracker

Name: ___________________________ Grade: _______ Teacher: _______________________

Hi, Kids! I’m so excited you’re going to take the Healthy Kids 5210 Challenge, too! Each day of the challenge, your goal is to:

5: Eat at least 5 servings of fruits and vegetables
2: Get less than 2 hours of screen time
1: Be physically active for at least 1 hour
0: Drink LOTS of H2O (a fancy name for water)

I’ll root for you every day and want you to keep track along the way!

Use your tracker to draw, mark, or write how well you did each day of the Challenge. Here is an example from one of the days I did it:

ARE YOU READY? LET’S BE HEALTHY, FEEL GOOD, AND HAVE FUN!

Hi, Kids! I’m so excited you’re going to take the Healthy Kids 5210 Challenge, too! Each day of the challenge, your goal is to:

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Use your tracker to draw, mark, or write how well you did each day of the Challenge. Here is an example from one of the days I did it:

ARE YOU READY? LET’S BE HEALTHY, FEEL GOOD, AND HAVE FUN!

Try it! Water is the best thing to drink before, during, and after playing outside.

Hop Rabbit says, drink lots of H2O.
1. Yazzie Bear says, eat 5 or more fruits and vegetables a day.

2. Week 1
   How did you do?

3. Betty Bobcat says, move more: Be active for at least 1 hour a day.

4. Try this
   Sometimes it takes trying foods many times before you like it, so keep trying new fruits and vegetables!

5. Week 2
   How did you do?

6. Carlita Coyote says, trim screen time to 2 hours a day.

7. You are doing great! Goto day 8.

8. Try this
   Mix it up! Try different types of physical activity: playing outside, biking, dancing, sports, or walking.

9. I did it!