

Join our Healthy Leaders in taking the 5210 Challenge!

Eat at least **5** servings of fruits and vegetables per day!

Shoot for less than **2** hours of recreational screen time!

Try for at least **1** hour of physical activity per day!

Aim for **0** sweetened beverages per day!

Healthy habits start at home and take time to develop. This handy tracker will help you adopt healthier habits and record your success! Check each box for the habit(s) you accomplish each day. 5210 is fun for everyone. Challenge your family and your friends.

Sunday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	Sunday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Monday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	Monday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
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+ + + = Total



How did you do?

30-59 checkmarks = good start, keep trying, new habits take time to learn. Focus on one new habit at a time.

60-84 checkmarks = terrific, you're doing great. Now add one more healthy habit to each day.

85-112 = outstanding 5210 super star! Share your success with others and show them how well 5210 works for you.

Challenge sheets available at 5210clallam.org

Olympic Peninsula    
Healthy Community Coalition

HealthyOP.org

Make healthy choices to improve your life and reduce your chances of developing chronic conditions such as diabetes, heart disease, high blood pressure and cancer.

LEARN SUGAR MATH



GRAMS OF SUGAR
DIVIDED BY 4
EQUALS TEASPOONS

EXAMPLE: A beverage or snack containing
40 grams ÷ 4 = 10 teaspoons
YIKES!

Rethink your sugary drinks and snacks!