

Healthy Habits. Healthy Life.

5-2-1-0 CHALLENGE OVERVIEW FOR STUDENTS

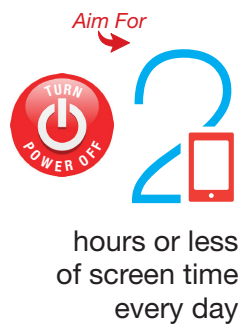
WHO: Any student who wants to join the fun.

WHAT: Students earn POINTS at home and school over a 2-week period by exercising and eating in healthy ways.

1. EARN POINTS
2. Families can help students COMPLETE and SIGN the point sheets.
3. At the end of the 1st week, TURN IN the point sheet to your child's teacher.
4. Repeat #1-3 for one more week.

WHERE: It is up to the student or family to keep track of how many points a student earns when at home or at school. For example, if your child eats an apple for a snack at school, you mark that as 1 point on the point sheet at home.

WHY: This challenge is based on 5-2-1-0, a national, proven effective, healthy lifestyle program. Children are taught good habits to aim for every day:



Other things are important for children's health, too, such as getting enough sleep, getting calcium for growing bones, brushing teeth... However, to keep this fitness challenge simple, this challenge focuses on 5-2-1-0.

