



Healthy Habits. Healthy Life.

5-2-1-0 CHALLENGE STAFF POINT SHEET

YOUR NAME _____ TEACHER/TEAM NAME _____

Keep track of your Healthy Habits points:

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Points |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------|-----------|----------|--------|----------|--------|--------|
| <p>Aim For at least 5 vegetables and fruits a day – or more!</p> <p>1 point for EACH fruit/vegetable you eat 5 servings are recommended each day. Eat fruits AND veggies; not just fruit. (+1 BONUS point /day if try something new) *Max points per day: 10</p> | | | | | | | | |
| <p>Aim For 2 hours or less of screen time every day</p> <p>5 points if 2 hours or less of screen time for fun Computer time for school work doesn't count. *Max points per day: 5</p> | | | | | | | | |
| <p>Aim For 1 hour of physical activity every day</p> <p>1 point for EACH 10 min of physical activity Ex: If you exercise an hour, you earn 6 points. (The goal is at least 1 hour of activity each day for kids) *Max points per day: 10</p> | | | | | | | | |
| <p>Aim For or almost no sugary drinks</p> <p>5 points for 0 drinks with added sugar *Max points per day: 5</p> | | | | | | | | |
| <p>1 point for EACH 1 min of a mindful activity Reading doesn't count. *Max points per day: 10</p> | | | | | | | | |
| <p>1 BONUS POINT for EACH fruit or vegetable eaten by your chosen person (the same person all week) and EACH 10 min they exercise *Max points per day: 10</p> | | | | | | | | |

****TURN THIS INTO THE HEALTH OFFICE ON _____ ** TOTAL POINTS FOR WEEK: _____**