





Healthy Habits. Healthy Life.

5-2-1-0 CHALLENGE STUDENT POINT SHEET

STUDENT'S NAME _____ TEACHER _____ GRADE _____

Keep track of your Healthy Habits points:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Points
<p><i>Aim For</i> at least</p>  <p>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><i>Aim For</i></p>  <p>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><i>Aim For</i></p>  <p>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><i>Aim For</i></p>  <p>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>								

ADULT SIGNATURE: _____ TOTAL POINTS FOR WEEK: _____

Give this to your teacher on _____.