This challenge is about keeping you **happy** and **healthy**!

PROVIDENCE Sports Medicine

CHALLENGE DIRECTIONS:

Write your goals for **5.2.1.0+9** EVERY DAY! Use the chart to track your progress. Put an **X** in the square each day you reach your goal.

My daily 5.2.1.0+9 goals are:

- _____
- _____
- _____
- _____
- _____
- _____

5 or more fruits and vegetables

2 hours or less of recreational screen time

1 hour or more of physical activity

0 sugar-sweetened drinks

9 hours or more of sleep

5.2.1.0+9 TIPS

- Set a goal of eating fruits and vegetables with every meal and snack.
- For a yummy snack, dip apples in peanut butter or freeze grapes and blueberries for a cold treat.
- Limiting screen time will help you feel and sleep better, and give you more energy.
- If you are watching or playing on a screen, make sure you are challenging yourself to learn.
- For outside fun, play hopscotch, build an obstacle course or take a ride on your bike or scooter.
- Stay active inside playing hide-and-seek, building a fort or dancing to your favorite music.
- Use your favorite water bottle to take water on the go.
- Make water more exciting by adding fruit like oranges, pineapple, berries or lemon.
- To get the sleep you need, keep screens out of your bedroom.
- Try to go to sleep and wake up at the same time every day.
- Kids 6-12 years old need 9-12 hours of sleep per night, and 13-18 year olds need 8-10 hours.

5.2.1.0+9 Monthly Tracker

	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
WEEK ONE	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐
WEEK TWO	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐
WEEK THREE	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐
WEEK FOUR	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐	☐☐☐ ☐☐