# 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 | ☐☐☐ ☐☐ | ☐☐☐ ☐☐ | ☐☐☐ ☐☐ | ☐☐☐ ☐☐ | ☐☐☐ ☐☐ | ☐☐☐ ☐☐ | ☐☐☐ ☐☐ |