# This challenge is about keeping you happy and healthy!



### 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 5.2.1.009 goals are:













hours or more of sleep

### 521009 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 vour 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.

## 5.2.1.009 Monthly Tracker

	SUN.	MON.	WED.	FRI.	SAT.
WEEK ONE					
WEEK TWO					
WEEK THREE					
WEEK FOUR					