

5

2

1

0

Ready- Set-Go 5210!

Take the **CHALLENGE**, change your habits, encourage your friends.

Healthy habits start at home and take time to develop. Use this tip sheet and 5-2-1-0 tracker to help you and your family adopt healthier habits.

Aim for **5** or more servings of fruits and vegetables per day!

Fruits and vegetables are the basis of a healthy eating plan. To help get more servings:

- Keep a plate of fresh cut veggies with low-fat dip in the fridge and a fruit bowl on your kitchen counter
- Have a fruit or veggie with every meal or snack
- Enjoy stir fry for dinner and fruit smoothies for breakfast



Shoot for less than **2** hours of recreational screen time per day!

TV, Internet, smartphones and video games are all fighting for your attention. Unplug and do something else.

- Track how much non-work and non-school time you spend in front of a screen
- Turn off the TV and remove phones from the table during mealtimes
- Keep TVs, computers and smart phones out of bedrooms



Try for at least **1** hour of physical activity per day!

Get moving! Being active is important to keeping your body healthy. How can you move more?

- Join a sports team or take an active class like gymnastics, karate or swimming
- Turn up the tunes and have a dance party
- Get outside! Hike, bike, jog, skate, play tag and flag football
- Don't forget about playing catch, jumping rope and hula hooping



Aim for **0** sweetened beverages per day!

Think before you drink! Sugary drinks can lead to excess weight and other health problems.

- Soda has no nutritional value and a 20-ounce bottle has 15 teaspoons of sugar!
- Make water your first choice – try it with slices of fresh fruit or a squirt of lemon
- The only juice you should drink should contain 100 percent fruit juice
- Children over the age of two should drink non-fat (skim) or low-fat (1 percent) milk



Brought to you by



www.healthysequim.org
Adapted from www.letsgo.org

5210 Challenge

Record your success! Check each box for the habit(s) you accomplish each day.

5210 is for everyone. Challenge your family and your friends.

EXAMPLE: Check the boxes for each one you successfully complete each day.

5 2 1 0

Write in your info for each day:

Apple, carrots, grapes, spinach, cukes / walking

At the end of the challenge, total the number of checkmarks for each column and add them up.

How did you do?

25-54 checkmarks = good start, keep trying, new habits take time to learn. Focus on one new habit at a time.

55-84 checkmarks = terrific, you're doing great. Now add one more healthy habit to each day.

85-120 = outstanding, you are a 5210 super star! Share your success with others and show them how well 5210 works for you.

Date	Healthy Habits				Fruits, Veggies, Activities
Sunday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Monday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Tuesday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Wednesday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Thursday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Friday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Saturday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Sunday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Monday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Tuesday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Wednesday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
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Friday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Saturday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Sunday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Monday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Tuesday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Wednesday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
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Thursday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Friday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	
Saturday	<input type="checkbox"/> 5	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	

+ + + = Add Up Your Check Marks

Passport to Fun

Need ideas to get off you off the couch? There's plenty to do on our amazing Olympic Peninsula.

- Play at Carrie Blake Park
- Visit the Dungeness Spit
- Fly a kite on the beach
- Hike to Marymere Falls
- Try playing pickleball and disc golf
- Swim in Lake Crescent
- Visit the Lavendar Festival
- Investigate tide pools at Salt Creek
- Walk the Cape Flattery Trail
- Ride your bicycle
- Go to Olympic Game Farm
- Visit Olympic National Park
- Explore Fiero Marline Life Center
- Dungeness River Audubon Center
- Play at the Dream Playground
- Visit Ruby Beach
- Explore Hurricane Ridge
- Go bowling
- Swim at William Shore Pool
- Take your dog for a walk
- Go whale watching
- Read a book
- Play a board game with friends
- Visit a farm to pick berries
- Learn to golf
- Explore the Olympic Discovery Trail
- Join a summer intramural team
- Get fresh produce at farmer's market
- Go fishing or camping
- Visit Olympic Coast Discovery Center
- Help a neighbor pick apples
- Learn to kayak
- Try a new fruit from Sunny Farms
- Dig for clams or geoducks

Try one or all for a fun-filled summer.