

Do you want to earn a non-uniform day?

Take the 5-2-1-0 Health Challenge!

Follow these 4 easy steps for 10 or more days.

- 5 or more servings of fruits and vegetables a day.
- 2 hours or less of recreational screen time. * (keep TV/computer out of the bedroom. No screen time under the age of 2)
- 1 hour or more of physical activity a day.
- 0 sugary drinks, and more water.

Keep a daily journal entry. Simply write about how you are following the steps. Date each entry. Complete at least 10 days, and have a parent sign at the bottom.

- Keep track of what you eat and how you feel in a journal.
 - Today I ate...
 - I feel...

Students who turn in at least 10 days of journal entries and complete the challenge will receive a non-uniform day. You might be nominated as a Star Student and featured on our web site! Especially if you get your whole family involved. ***Turn into Mrs. Galleher in room 611 to earn your non uniform day.**

Example of what you might write in your journal:

Name:

Date:

"Today I..." (Explain how you followed the 5-2-1-0 healthy habits. If you couldn't follow the steps one day, explain what the obstacles were.)

"I feel..." (After changing your behaviors, how does it make you feel? Do you have more energy? Have you noticed any changes?)

At the end of the challenge (10 days or more):

Parent's notes: "I observed my child following the 5-2-1-0 challenge. (Explain how this assignment affected your family or your child. Did your whole family get involved or just your child? Parents- how can you support your family's health?)

Parent's signature:

Phone number:

Email: