



Dear Families:

To encourage healthy lifestyles and physical activity, the students at your child's school are invited to participate in the 5210 Numbers to Live by Challenge.

5 Fruits and vegetables...more matters! Eat at least 5 servings a day. Limit 100% fruit juice.

2 Cut screen time to 2 hours or less a day.

1 Participate in at least one hour of moderate to vigorous physical activity every day.

0 Restrict soda and sugar-sweetened sports and fruit drinks. Instead, drink water and 3-4 servings/day of fat-free/skim or 1% milk.

To promote the 5210 program, we are encouraging the students to participate in a goal-tracking activity. Each month during January, February, March, and April, there will be a goal-setting activity focused on one of the numbers of the program. Each student who completes the goal for the month will receive a colored bracelet with a 5210 message. Students who collect all four bracelets will receive a prize in early June.

During the month of February, we will be focusing on the number 2. Your child is being encouraged to limit screen time to 2 hours or less each day. During the week of February _____, we are asking that students record the amount of time they spend in front of a screen. Students who limit screen time to 2 hours or less per day that week and return the record below signed by a parent/guardian will receive the 2 bracelet.

As a parent, you can help by serving as a role model and by providing opportunities for your child to make healthy choices.



Please detach and return this portion of page to classroom by:

Monday Total hours of screen time:(computer, TV, video games)	Tuesday Total hours of screen time:(computer, TV, video games)	Wednesday Total hours of screen time:(computer, TV, video games)	Thursday Total hours of screen time:(computer, TV, video games)	Friday Total hours of screen time:(computer, TV, video games)	Saturday Total hours of screen time:(computer, TV, video games)	Sunday Total hours of screen time:(computer, TV, video games)
_____	_____	_____	_____	_____	_____	_____

Student name (print): _____

Teacher name: _____

Parent/guardian signature: _____