

My 21-Day 5-2-1-O Tracker: Use this page to track how you do each day on the 5-2-1-O Challenge!

- How many fruits and vegetables did you eat? (**We hope it was 5!**)
- How much time did you spend watching TV or playing computer games? (**Less than 2 hours?**)
- How much activity did you get? (**Was it at least 1 hour?**)
- How many glasses of H₂O did you drink? (**Lots?**)

If you eat 5 fruits and vegetables, trim screen time to 2 hours, get at least 1 hour of physical activity, and drink lots of water every day for all 21 days of the challenge, you'll receive the Healthy Kids New Mexico Challenge Medal! Write your name, age and address on the back of this sheet. Then have your parent or teacher sign it and send it to Healthy Kids New Mexico (*address on the back*).

Good luck! And remember ...



**Eat 5 fruits and veggies
a day!**



**Trim screen time to 2
hours a day!**



**Be active for at least 1
hour a day!**



**Drink lots of H₂O
every day!**

Draw a smiley face, color in the box, make a check mark, or write your initials each time you accomplish one of the four daily goals (you ate **5** fruits and vegetables; spent less than **2** hours in front of a screen; got at least **1** hour of physical activity; or drank **lots** of water!)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week One (Get Ready; Get Set ... Go!)	5	5	5	5	5	5	5
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1
	0	0	0	0	0	0	0

Week Two (Stay Motivated!)	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
	5	5	5	5	5	5	5
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1
	0	0	0	0	0	0	0
Week Three (Hang in There & Finish Strong!)	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
	5	5	5	5	5	5	5
	2	2	2	2	2	2	2
	1	1	1	1	1	1	1
	0	0	0	0	0	0	0



To receive your prize, fill in this information:

_____		_____	_____	
Name		Age	Teacher or Parent Signature	
_____		_____	_____	_____
Street address		City	State	Zip Code

Make sure you fill in the above information, have your parent or teacher sign, and send your completed trackers to Healthy Kids New Mexico!

Healthy Kids NM, c/o NM Department of Health
 810 W. San Mateo Road, Suite 200E
 Santa Fe, NM 87505-5112

Flip →