



EVERY DAY, WE'LL AIM TO FOLLOW THE 5210 PROGRAM:



FIVE SERVINGS OF
FRUITS & VEGETABLES



TWO HOURS OR LESS
OF SCREEN TIME



ONE HOUR OR MORE OF
PHYSICAL ACTIVITY



ZERO SUGARY
DRINKS

We agree to do our best to live a healthy life by practicing 5210 behaviors as a family and will join the ranks of the 5210 League.

Fill in your information below to receive a free 5210 League wristband. It's a great way to show your commitment to leading a healthy life and being part of the 5210 League!

Parent Name (First, Last)

School/Event Name

Student Name

Race (Optional)

Email Address

Which of the following healthy habits are you most interested in for improving your family's lifestyle?
Please check all that apply.

- Eating more servings of fruits and vegetables
- Learning ways to limit recreational screen time
- Being more physically active
- Avoiding sugary drinks

Y N

Do you want to receive our free monthly e-newsletter, full of healthy lifestyle tips?

Y N

Do you or your child need a doctor? If yes, please fill in your phone number: _____

This information is intended as general wellness guidelines for most children ages 2 and up. If you have any questions, or need specific recommendations for your child, talk to your child's doctor.