



# 5210 Monthly Challenge

## 5210 Monthly Challenge

Track healthy behaviors all month long! Take the 5210 Monthly Challenge!

[https://5210.psu.edu/wp-content/uploads/2018/02/5210challengecalendar\\_hmc.pdf](https://5210.psu.edu/wp-content/uploads/2018/02/5210challengecalendar_hmc.pdf)

#5210MONTHLYCHALLENGE  
#5210HC



## Post to Social Media

Just copy, paste and post!



Take the 5210 Monthly Challenge! Track your #5210HC healthy behaviors all month long. Eating at least 5 fruits and vegetables a day, limiting screen time, adding at least 1 hour of daily physical activity per day, and consuming 0 sweetened beverages can make you healthier. To learn more about 5210 Healthy Children, visit [5210.psu.edu](http://5210.psu.edu)!



Get healthy this month with 5210! Use <https://bit.ly/2tbiN0D> to track your monthly #5210HC behaviors!

## Choose a Challenge

### 5210 Monthly Challenge

Take the 5210 Monthly Challenge! Track healthy behaviors all month long using the form below!

[https://5210.psu.edu/wp-content/uploads/2018/02/5210challengecalendar\\_hmc.pdf](https://5210.psu.edu/wp-content/uploads/2018/02/5210challengecalendar_hmc.pdf)

## Provide Feedback

Complete the feedback tool to let us know how your monthly booster went - what did you do, how and where did you distribute information, who all got involved, what worked, what didn't work, what did you like, what didn't you like, what did the kids and families seem to enjoy, or give us your ideas!

[5210 Monthly Booster Feedback Tool](#)

**CLEARINGHOUSE**  
FOR MILITARY FAMILY READINESS