

5210 DAILY FOR HEALTHY HABITS



For each daily goal reached, earn a point! There are four points possible each day. When you have earned 100 points, celebrate your accomplishment and send us your calendar for a chance at winning a prize!

Aim daily for these healthy goals: 5 🍏 fruits and/or veggies 2 📱 hours or less of screen time 1 👟 hour of physical activity 0 🍷 sugar sweetened drinks

5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷
5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷
5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷
5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷	5 🍏 2 📱 1 👟 0 🍷

Name: _____

Date of Birth: ____ / ____ / ____

Number of Points: _____

When you earn 100 points, take a photo of your calendar and email it to:
communications@mankatoclinic.com

Or mail it to:
Mankato Clinic Children's Health Center
1421 Premier Drive
Mankato, MN 56001