

# 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: \_\_\_\_\_

MC2468(06/2020)

**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