



MICHIGAN 4-H HEALTHY LIVING CHALLENGE: 5-2-1-0 FOR YOUR HEALTH

FAQS:

Q: How long do I have to track my progress in order to earn a prize?

A: Michigan 4-H encourages you to work on achieving the 5-2-1-0 goals for the full months of January and February (and the rest of 2018!) but tracking your progress for any amount of time is a step in the right direction.

Q: Do I have to fulfill each aspect of the 5-2-1-0 Challenge each day to participate?

A: No! Even achieving part of the challenge is beneficial to your health. Track your progress on each of the goals each day, even if you fall short sometimes.

Q: Do I have to be in 4-H to participate?

A: The 5-2-1-0 Challenge is open to all Michigan youth, regardless of their 4-H affiliation. However, you must submit your completed form to the MSU Extension 4-H program coordinator in your county in order to receive the prize. To connect with your local program coordinator, visit the MSU Extension website: msue.msu.edu/county.



Each year, more than 200,000 Michigan 4-H youth pledge their health to better living for their clubs, communities, country and world. As one of the four main pillars of 4-H, Michigan 4-H encourages 4-H'ers across the state to join them in focusing on healthy living at the start of 2018. Throughout the months of January and February, youth are invited to participate in the 5-2-1-0 Challenge to help jumpstart a year of healthy living in 2018.

5-2-1-0 FOR YOUR HEALTH

Throughout the months of January and February, youth should strive for the following each day:

- 5 servings of fruits and vegetables
- 2 hours or less of screen time (TVs, computers and tablets)
- 1 hour of physical activity
- 0 sweetened beverages (soda and juices)

To help you keep track of your progress, we've created a helpful tracking sheet. Record your efforts each day and at the end of February, submit your form to your county 4-H program coordinator. All individuals who submit a tracking sheet will receive a healthy living prize!

FOR MORE INFO:

Contact Kea Norrell-Aitch, 4-H healthy living educator, at knboyd@anr.msu.edu or 586-469-6264.

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