



# SIX STEPS



**The Six Steps will help you get the most out of FUTP 60 in your school!** Complete all six and become a Touchdown School

## 1 Kickoff

Whether your school is already an FUTP 60 school, or new to FUTP 60, Kickoff is a great way to get everyone at your school excited to get involved! Recruit students and educators to plan and hold a Kickoff at your school! Log in to the Six Steps on your Dashboard for more on how to hold a Kickoff, and to get ideas!

## 2 Draft Players

Recruit others to join your team! Work with students to create and display fliers and posters that promote FUTP 60. Encourage students to create accounts and start earning Points on FuelUpToPlay60.com! Log in to the Six Steps on your Dashboard to read more about student Points and how they can earn the title of Ambassador!

## 3 Survey the Field

Investigate your school! Work with your students to find out what areas of your school need the most wellness improvements and focus your efforts there. Log in to the Six Steps on your Dashboard to access the following Tools that can help with your investigation: The CDC's School Health Index, and the School Wellness Investigation.

## 4 Eat Healthy

Improve healthy eating in your school with a Healthy Eating Play from the Playbook! Select one Healthy Eating Play and implement it with your team. Then, you can mark this Step as complete!

## 5 Game Time

Improve physical activity in your school with a Physical Activity Play from the Playbook! Select one Physical Activity Play and implement it with your team. Then, mark this Step as complete!

## 6 Light Up the Scoreboard

Share your FUTP 60 success with others! Once you've shared, you can mark this Step as complete. There are so many ways to share: You can submit a story on FuelUpToPlay60.com, post your story to social media, or share in an email message to your colleagues, friends and family!

**Complete all Six and...**TOUCHDOWN!****

**Be sure to log in to your Dashboard and mark the Steps as complete to get credit!**