



Fuel Up to Play 60 Tools Overview

Fuel Up to Play 60 has dozens of online tools and resources to help you implement the program in your school. Some of the available resources include:

Fuel Up to Play 60 Playbook

The online, interactive Fuel Up to Play 60 Playbook has easy-to-find and easy-to-implement Plays that can help you make long-term changes in your school. Strategies for healthy eating, physical activity and schoolwide promotions (including Kickoff) are available at FuelUpToPlay60.com. Use the search feature to find Plays that match your students' interests, your school's needs and your timeline.

Fuel Up to Play 60 Challenge Showcase

Visit FuelUpToPlay60.com to find Fuel Up to Play 60 Challenges designed for groups of youth. Visit often to see the showcase of winners — maybe your students will be some of the winners!

Fuel Up to Play 60 Training Center

The Training Center provides tutorials to help you understand key elements of the program. With tutorials that run 8–12 minutes in length, you will find out how to organize a Kickoff or promotion event, how the Healthy Eating and Physical Activity Plays work, what's available on FuelUpToPlay60.com and more. Some training tools offer continuing education credits for educators, school nutrition professionals and others who can help implement Fuel Up to Play 60! The Training Center has resources on teambuilding, in-school promotions and more.

Sharing Successes

The Fuel Up to Play 60 website is loaded with examples of success stories from around the country. You can find — and share — videos, photographs, project plans and stories about Fuel Up to Play 60. Visit often to learn from your colleagues and find support for your ideas.

Dashboards for You, Your School and Your District

Each enrolled student and adult has a password-protected Dashboard on FuelUpToPlay60.com. This is where you keep track of your progress and download your rewards. The adult Dashboard also shares school- and district-level information, such as who else is on the team, whether any funds for Fuel Up to Play 60 have been applied for or received, which Youth Challenge videos the school has submitted, a Message Center with the latest updates and more. Log in to your Dashboard every week to see what's new.



Planning and Communication Tools

Available throughout the Fuel Up to Play 60 website, these tools include customizable flyers and request letters, checklists and timeline tools, planning worksheets for the implementation of Healthy Eating and Physical Activity Plays and more. You can also access the Fuel Up to Play 60 Quick Start Guide and learn "How to Fuel Up to Play 60 in Six Easy Steps." Visit FuelUpToPlay60.com for easy access to what you need.

Who Can Help and How

This interactive tool offers a wealth of information on how to engage potential supporters of Fuel Up to Play 60 in your school and community. You'll find information about what motivates others, ideas for how organizations and individuals might contribute to your efforts and resources you can download and use to contact and engage the right people in your efforts.

Survey and Polling Tools

In addition to completing the School Wellness Investigation — which can provide valuable information about your school's needs — there are online survey and polling resources to help you assess your students' attitudes toward healthy eating and physical activity, identify areas of strength and challenge and compare their thoughts with other students' throughout the country.

Partner and Supporter Resources

Fuel Up to Play 60 has the support of many organizations. The program's founders, National Dairy Council® and the National Football League — in cooperation with the U.S. Department of Agriculture — have teamed up to provide the core of the Fuel Up to Play 60 program and materials. These organizations and other Fuel Up to Play 60 partners also have a variety of materials and resources that can supplement and complement the program. Visit FuelUpToPlay60.com to learn more and access health and wellness materials and information.

Visit FuelUpToPlay60.com to access all of these useful tools – and much more!



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