

MY powerup PLAN



- FIVE** Fruits and vegetables!
- FOUR** Colors or more.
- THREE MEALS** every day.
- TWO HOURS** of screen time... or less each day.
- ONE** hour of play!
- ZERO** Sugary drinks!

What PowerUp messages am I most passionate about?	
1	
2	
3	

Who is in my circle of influence (circle Top 5):



Others:

My ideas to inspire my circle of influence to PowerUp:	
1	
2	
3	

MY powerup PLAN

My ideas to inspire my circle of influence to PowerUp:

1	
2	
3	

START AT HOME

Familiarize yourself with the PowerUp initiative

Like PowerUp St. Croix Valley on Facebook

Sign up for PowerUp electronic newsletter

Take the PowerUp Pledge (Walk the Talk)

Check out the PowerUp Resources & Tool Kit Online

SKY'S THE LIMIT!

SHARE WITH OTHERS

Infusing PowerUp into your circle of influence

Share PowerUp on your social media page

Network/connect with other PowerUp Ambassadors

Volunteer to represent PowerUp at an event (veggie vote, table)

Get involved/volunteer to help PowerUp a community or school event

SKY'S THE LIMIT!

GO BEYOND

with your PowerUp Passion

Lead:

- *Cooking class or club*
- *Garden class or club*
- *Bike Ambassador (bike safety training)*
- *Sports Nutrition for youth and teens*
- *Winter Warm Up (getting kids active outdoors, year-round)*

Advocate:

- *School board or Wellness committee*
- *Library board*
- *Workplace wellness committee*
- *PTA/PTO*

SKY'S THE LIMIT!