MY powerup PLAN

MAR	111	FIVE Fruits and vegetables!
00	4	FOUR Colors or more.
	3	THREE MEALS every day.
	2	TWO HOURS of screen time. or less each day.
	d	ONE hour of play!
	0	ZERO Sugary drinks!

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

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

		Civic Groups	
Food	Shelves	Park Rangers	Rotary Club
Re	staurant Ow	ners	Community Leaders
Athletes	Faith (Community	Teachers
Coach	nes Kids	Co-	workers
Neighbors		Family	Business Owners
	Friends	Bool	k Club
Comn	nunity Group	os	Schools
After Sch	nool Care	Daycare	Student Groups
	F	PTA/PTO Oth	er Parent Groups
C	ther Commi	ttees	
		Clubs	

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

l ead:

- 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
- Library board
- Workplace wellness
- PTA/PTO

SKY'S THE LIMIT!