**Getting Started with FUTP60**

The first step would to go to [www.fueluptoplay60.com](http://www.fueluptoplay60.com/) and sign up for a free account and become a "program advisor"   Here are some tutorial videos to look at or share on how.  <https://www.lcps.org/Page/175524>

To start things up, the teacher (program advisor) will need a small group of students that will work as a team.  They should go to the FUTP60 website and look at which "plays" would be good to complete their school.  There are suggestions and ideas that are available on the website under the "stories" tab.

Here is a link that FUTP60 made on how.  <https://youtu.be/AqennVuyPmY>

Students can also create a free account the same way.  It will connect them to their school.  The students earn points by visiting different links on their account dashboard.  They can report a "play" that they are helping with at their school or take "healthy challenges" to earn points.  Honestly, the points don't mean very much.  It is just a fun way to keep the students engaged and informed about the program.

As far as the cafeteria carts go, there are two ways.  Contact you regional dairy association, Maine Dairy and Nutrition Association <http://drinkmainemilk.org/fuel-up-to-play-60/>.  They can help work with local schools to possibly make it happen.  Or teacher can apply for a grant for up to $4000 and purchase it.  they info is also on website under "my funds" tab.

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| [Fuel Up to Play 60 | Drink Maine Milk](http://drinkmainemilk.org/fuel-up-to-play-60/)  Fuel Up to Play 60 is a program founded by the National Dairy Council and NFL, in collaboration with USDA, that empowers students to take charge in making small, everyday changes at school.Students can win cool prizes, like an NFL player visit or Super Bowl tickets, for choosing good-for-you foods and getting active for at least 60 minutes every day.  drinkmainemilk.org |