



# TOUCHDOWN SCHOOL GUIDE

**The Touchdown Steps will help you get the most out of FUTP 60 in your school!**

Complete all of the Steps and become a Touchdown School—score a Touchdown and receive a Touchdown poster!\*



## 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! Choose any of the following ways to kick off in your school:

### 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](https://FuelUpToPlay60.com)!

### 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 your Dashboard to access the following Tools that can help with your investigation: the CDC's School Health Index and the School Wellness Investigation.

### Light Up the Scoreboard

Share your FUTP 60 success with others to spread the word about the program and inspire others! There are so many ways to share: You can submit a story on [FuelUpToPlay60.com](https://FuelUpToPlay60.com), post your story to social media, or share in an email message to your colleagues, friends and family!

## 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!

## 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!

**Complete these steps and...TOUCHDOWN!**

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



\*While supplies last. Limit one poster per school.  
© 2019 National Dairy Council. ® Fuel Up is a service mark of National Dairy Council.

