Project Implementation
I can…

… Track my progress towards meeting my personal health goal.

… Set a timeline and monitor the progress of our Student Health Advocates to complete our project.

… Promote positive health choices among my peers.
Shout Out Your Success!
The Alphabet Activity
3 Key Behaviors

1. Eat 3 vegetables and 2 fruits every day
2. Drink more water and less sugary drinks every day
3. Move 1 hour and limit screen time every day

How will your project improve one of these behaviors among your peers?
Take this time to review the action plan you created last session.
1. Remember your schedule
2. Get outside your comfort zone
3. Collect your evidence
4. Problem-solve
Once you have implemented your project, created your presentation! Make sure to communicate with your Health Educator the date and time of your project presentation.
Time to Get to Work

• Ready, set, let's go!

• Have fun starting your project. HealthMPowers can’t wait to see the awesome impact you make within your school.
Choose a Brain Booster

**Vertical Jump**
Jump as high as you can for 30 seconds. Repeat

**Savasana**
Place your head on your desk in silence for 2 minutes. When done, stand up and stretch to get ready for the day. Many yoga instructors use a method of this to help participants clear their mind.

**Brain Booster Video**
Take time today to be kind to yourself.
Three important things I learned today:

1.
2.
3.
Planner Activity

Turn to this week's "Take Home Healthy Challenge" and track your progress so far.
See you next time for Session 6

STUDENT HEALTH ADVOCATES

This institution is an equal opportunity provider. This material was funded by USDA’s SNAP and other HealthMPowers partners.