In Today’s Session You Will…

• Identify strategies to influence peers’ behavior choices

• Describe your role in ensuring your project is successful

• Use project management skills to finalize project steps

• Finalize remaining steps to ensure project success
Three 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
SHA Guidelines

Review our group's agreed-upon norms for our work together.
Shout Out Your Success!

2 Minutes

TIMER
We have **High Hopes** for your project's success! Follow this video to get started.

**Savasana**
Place your head on your desk in silence for 2 minutes and clear your mind. Remember to take deep breaths.

**Seated Exercises**
Take turns leading chair exercises. Change leaders and exercises every 20 seconds.

Choose a Brain Booster!
The Alphabet Challenge

Your SHA group has the challenge of reciting the entire alphabet...
… but it's not that simple!

- SHAs cannot say more than one letter at a time.
- Multiple SHAs cannot say the same letter at the same time.
- SHAs cannot repeat a letter.
- SHAs cannot speak anything other than an alphabet letter or make any motions to instruct others.
If any rules are broken, your group must start over at the beginning of the alphabet.

Good Luck!
What is More Important to Your Work?

A. Detailed Plan
B. Teamwork
Review Your Action Plan

• How are you doing meeting deliverables?

• In what ways can HealthMPowers can support your work?
Where Do You Need Help?

1. Action Items
2. Resources
3. Meeting your timeline
4. Measuring impact and success
Project Implementation Tips

1. Create a timeline
2. Assign roles based on strengths
3. Choose and implement specific strategies
4. Monitor progress
5. Problem-solve
Share Your Success!

Be sure to take pictures or videos of your work and project impact. These will be shared during Session 6!
Be Prepared to Share:

• Project summary
• Project evidence
• A reflection on project’s impact and ways it can be sustained for years to come
3 Things with a Partner

• 3 things I am excited about regarding implementing our project

• 2 things I plan to tell others about our project and why

• 1 thing my accountability partner can do to help me stay on track toward accomplishing my project responsibilities
Extension

Record a physical activity you will do this evening in your planner.
Student Health Advocate

See you next time for Session 6

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