



## Health Coach Blueprint: Spring 2010

Use the blueprint below to help plan and track suggested Health Coach activities this semester. More details and related tools are available at [www.healthykidshealthyschools.org](http://www.healthykidshealthyschools.org).

### Reminders:

- Keep your principal and colleagues informed about what you're doing to "change the wellness game" in your school.
- Look for HKHS email updates for program news and opportunities.
- See the *HKHS Planner* for more fun, easy ways to enhance wellness in your school community.



### February

- Brief your school principal about the activities you're planning. (Use the *HKHS Key Messages*.)
- Display **Fuel Up to Play 60** materials. Encourage students to visit [www.fueluptoplay60.com](http://www.fueluptoplay60.com) to take the pledge and participate in the national competition (Feb 1–Mar 15).
- Display the first two **Change the Game posters** around your school (secondary only). Recruit students to help.
- Assign the **HKHS student start-up survey**, which asks about healthy eating and physical activity attitudes and choices. (Look for email instructions in Feb.)
- Start planning your **Step It Up contest**. Form a team of students to help. Use the suggested plan as a starting point. Be creative!

### March

- Promote and launch your school's **Step It Up contest**. Distribute pedometers and tracking forms. Keep track of your school's participants and progress. Use the promotion and walking tips on the HKHS website to spark ideas.
- Remind students to use the **Fuel Up to Play 60 online Tracker** to earn points for their physical activity and healthy eating choices.  
*Reminder: The HISD elementary and secondary schools with the highest Fuel Levels win an HKHS reward!*
- Display the second set of **Change the Game posters** around school (secondary only). Ask students to help.
- Assign students a **send-home assignment with parents/caregivers** about healthy eating, physical activity and links to learning. (Look for email instructions in March.)

### April

Look for instructions and links for the activities below in April.

- Assign the **HKHS student follow-up survey**.
- Complete the **Health Coach survey** to report your activities (including results of your Step It Up contest) and share your feedback.

### May

- Receive final rewards and recognition for yourself and your school! See *HKHS Health Coach Rewards* for details.

**Need help? Visit [www.healthykidshealthyschools.org](http://www.healthykidshealthyschools.org).**  
Click on "Health Coaches" for tools, links, program news and the help desk.



Conceived by members of the HISD/Houston community, the Health Coach program offers tools and resources to supplement existing efforts, and also spur new ideas and approaches to drive excellence in wellness throughout the district.