



STUDENT GUIDE TO EARNING POINTS

Here's how to earn Points on your road to becoming a Student Ambassador*:

- Check the activities you want to report.
- Use the tally sheet on page 2 to add up the possible Points.
- Log in to your FuelUpToPlay60.com Dashboard, report the activities and watch the Points add up instantly.

CHALLENGES

Make small, healthy changes by completing a Challenge. New Challenges can be found every week on your Dashboard. There are over **45 thousand Points** up for grabs throughout the school year!

| | | |
|---|---|---|
| <input type="checkbox"/> 2 Challenges 3 THOUSAND POINTS | <input type="checkbox"/> 6 Challenges 9 THOUSAND POINTS | <input type="checkbox"/> 10 Challenges 15 THOUSAND POINTS |
|---|---|---|

GET THE WORD OUT

Promote Fuel Up to Play 60 and **Get the Word Out** to earn up to **10 thousand Points!**

| | | |
|---------------------------------------|-----------------------------------|--------------------------|
| <input type="checkbox"/> | Create FUTP 60 flyers and posters | 2 THOUSAND POINTS |
| Work with your Program Advisor to: | | |
| <input type="checkbox"/> | Present to students | 2 THOUSAND POINTS |
| <input type="checkbox"/> | Present to educators | 2 THOUSAND POINTS |
| Work without your Program Advisor to: | | |
| <input type="checkbox"/> | Present to students | 2 THOUSAND POINTS |
| <input type="checkbox"/> | Present to educators | 2 THOUSAND POINTS |

MINI-LESSONS

Make a positive impact by tackling a **Mini-Lesson** to earn you up to **30 thousand Points!**

| | | |
|--------------------------|---------------------------------|--------------------------|
| <input type="checkbox"/> | Leadership Mini-Lesson | 6 THOUSAND POINTS |
| <input type="checkbox"/> | Learning Connection Mini-Lesson | 6 THOUSAND POINTS |
| <input type="checkbox"/> | Student Teams Mini-Lesson | 6 THOUSAND POINTS |
| <input type="checkbox"/> | Food Insecurity Mini-Lesson | 6 THOUSAND POINTS |
| <input type="checkbox"/> | Pizza Mini-Lesson | 6 THOUSAND POINTS |

CREATE A STUDENT TEAM

Create a Student Team with adults and students to help make healthy changes in your school. **PRO TIP:** earn **1.5 thousand Bonus Points** when you report working with a Program Advisor and 3+ students!

| | | | | |
|---|----|--|-----|---|
| <input type="checkbox"/> Recruit 2 Students 3 THOUSAND POINTS | or | <input type="checkbox"/> Recruit 3+ Students 6 THOUSAND POINTS | and | <input type="checkbox"/> Recruit a Program Advisor 10 THOUSAND POINTS |
|---|----|--|-----|---|

THIS SEASON'S PLAYS

Report how you helped implement **This Season's Plays** to earn up to **20 thousand Points!**

| | | | |
|--------------------------|--------------------------|--------------------------------|---------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Lead a Play | 10 THOUSAND POINTS |
| <input type="checkbox"/> | <input type="checkbox"/> | Organize a Play | 8 THOUSAND POINTS |
| <input type="checkbox"/> | <input type="checkbox"/> | Record What you Did for a Play | 6 THOUSAND POINTS |
| <input type="checkbox"/> | <input type="checkbox"/> | Recruit for a Play | 4 THOUSAND POINTS |
| <input type="checkbox"/> | <input type="checkbox"/> | Participate in a Play | 2 THOUSAND POINTS |

LAST SEASON'S PLAYS

Report how you helped implement **Last Season's Plays** to earn up to **10 thousand Points!**

| | | | |
|--------------------------|--------------------------|--------------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Lead a Play | 5 THOUSAND POINTS |
| <input type="checkbox"/> | <input type="checkbox"/> | Organize a Play | 4 THOUSAND POINTS |
| <input type="checkbox"/> | <input type="checkbox"/> | Record What you Did for a Play | 3 THOUSAND POINTS |
| <input type="checkbox"/> | <input type="checkbox"/> | Recruit for a Play | 2 THOUSAND POINTS |
| <input type="checkbox"/> | <input type="checkbox"/> | Participate in a Play | 1 THOUSAND POINTS |

*Student Ambassadors are leaders on a Fuel Up to Play 60 Team who work with a Program Advisor to rally other students and commit to leading healthy changes in a school.



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MY PATH TO BECOMING A STUDENT AMBASSADOR

Use this tally sheet to plan your path to becoming a Student Ambassador*! List out how many activities you plan to report for each category, and tally up the points you will earn, then add them up at the bottom! Be sure to report them on your Dashboard on FuelUpToPlay60.com, as well! The ultimate goal is **45 thousand Points** – get out there and make it happen!

| | | |
|--|--|---|
| <p>FIRST DOWN REACHING LEVEL 2</p> <p>THE GOAL: 15 THOUSAND POINTS</p> | <p>FIELD GOAL REACHING LEVEL 3</p> <p>THE GOAL: 30 THOUSAND POINTS</p> | <p>TOUCHDOWN REACHING LEVEL 4</p> <p>THE GOAL: 45 THOUSAND POINTS</p> |
|--|--|---|

| | MAX NUMBER OF REPORTABLE ACTIVITIES | MAX TOTAL OF POINTS AVAILABLE | MY NUMBER OF REPORTED ACTIVITIES | MY POINTS |
|------------------------------|---|-------------------------------|----------------------------------|-----------|
| CHALLENGES | One new Challenge Per Week | 45 THOUSAND POINTS | | |
| GET THE WORD OUT | Five ways to Get The Word Out available | 10 THOUSAND POINTS | | |
| MINI-LESSONS | Five Mini-Lessons available | 30 THOUSAND POINTS | | |
| CREATE A STUDENT TEAM | Three or more students and one educator | 17.5 THOUSAND POINTS | | |
| THIS SEASON'S PLAYS | Max of two Plays | 20 THOUSAND POINTS | | |
| LAST SEASON'S PLAYS | Max of two Plays | 10 THOUSAND POINTS | | |
| MY TOTAL POINTS: | | | | |

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THE NFL MOVEMENT FOR AN ACTIVE GENERATION

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