



Fuel Up to Play 60 School Enrollment Letter

Fill this out and give it to a teacher or faculty member at your school to get started with Fuel Up to Play 60.

Dear [Insert Teacher/Faculty Member],

For many kids at our school, it's important for them to feel their best and be at the top of their game in the classroom, on the field and during activities. I recently heard about a free in-school nutrition and physical activity program that rewards students and schools for making healthy choices, and I hope you'll consider enrolling our school.

The program is called **Fuel Up to Play 60**. It was launched by the National Football League and National Dairy Council (NDC), in collaboration with the United States Department of Agriculture (USDA). The program encourages kids to consume nutrient-rich foods (low-fat and fat-free dairy foods, fruits, vegetables and whole grains) and achieve at least 60 minutes of physical activity every day.

When we sign up for **Fuel Up to Play 60**, our school gets:

- A free School Wellness Kit with a Quick Start Guide, banners and removable decals we can hang around school and other planning tools for adults and students
- Access to an **online Playbook** with ideas for spreading the word and challenging kids at our school to eat right and stay active. The **Playbook** includes "plays" or Action Strategies that help students and adults bring the program to life. Plays include fun ideas like a Milk Moustache Booth, Menu Makeovers, Trivia Contests, Schoolwide Walking Club and In-Class Activity Breaks.
- Access to the **Fuel Up to Play 60 Online Tracker** where we can log and track our healthy eating and physical activity behaviors.
- Opportunity to engage in Challenges for a chance to unlock digital rewards (e.g., badges) and win other cool rewards.

Staying healthy and being active are important to me and my friends, and I'd like to help spread the word to other students at our school. To be part of the **Fuel Up to Play 60** team, here's all we need to do:

1. Enroll our school at www.fueluptoplay60.com.
2. Form a team of teachers or other school staff and students who care about healthy eating and physical activity to help lead the program.
3. Hang the posters, banners and removable decals that we receive in our School Wellness Kit.
4. Check out the Online Playbook and other resources at www.fueluptoplay60.com
5. Complete one Kickoff activity, one Healthy Eating activity, and one Physical Activity idea – that we get to choose.
6. Track our involvement in **Fuel Up to Play 60**.

I'm excited about kicking off **Fuel Up to Play 60** at our school, and can't wait to get started! Thanks for all you do to keep the students at our school healthy.

Sincerely,

[Insert Student Name]