

Contents

Introduction	page 2
HKC Acronyms and Terms	page 4
Take Healthy Action At-A-Glance	page 5
Step 1 Build...a team	page 7
Key KidLinks Take the Challenge Table - "Win/Wins".....	page 8
Activity Sheet: "Taking Action for Healthy Kids As I See It".....	page 11
Step 2 Look... at what exists	page 13
Call to Action, Schools.....	page 14
Call to Action, Programs.....	page 15
Step 3 DO...Take Healthy Actions	page 19
Sample Plan.....	page 22
Planning Form.....	page 28
Ten Easy Ideas for Taking Healthy Action.....	page 29
Step 4: Check...Measure Progress	page 30
Pre-Survey for Key KidLinks.....	page 32
Post-Survey for Key KidLinks.....	page 34
Step 5: Celebrate	page 36
Appendix	
Talking Points.....	page 38
Physical Activity Challenge.....	page 41
Healthy Kids Challenge Resources.....	page 42

Step 1 Build a team

Goals for team building:

- A. Get people on board.
- B. Develop a vision.
- C. Share the vision with others and create awareness.
- D. Gather support for your team and its actions.



1-A Get people on board - Recruit KidLinks.

- Begin recruiting those who have expressed or demonstrated an interest in healthy eating and physical activity.
- Ask individuals who have demonstrated an interest to refer others.
- Start with whatever number of members you can. 5-15 is a good goal, but don't hold back with getting started if you have fewer than that.

Use the worksheet below to brainstorm and list the names of potential recruits who represent different KidLink groups.

KidLink group representation	Names of potential recruits
Administrators	
Teachers (classroom) or Youth Leaders	
Physical Educators	
Nurses & Other Staff	
Nutrition & Food Services	
Community Members (i.e., media, health care professionals, city leaders, grocers, & restaurants)	
Families	
Kids	
Others	

Now that you have a list of possible KidLink recruits, turn to the *Key KidLinks Take the Challenge Win/Win* table on the next page (8). Photocopy this table and give it to everyone who will be talking with recruits. Ask the recruiters to use this table when they recruit to help KidLinks see benefits for their participation on the team.