# HEALTHY FUTURES SUMMER CHALLENGE

**IMPLEMENTATION and ADMINISTRATION**

1. Register your school on the Healthy Futures database:
   1. Go to database.healthyfuturesak.org
   2. Select “Summer 2017” from the drop down box.
   3. Click “Register”
   4. Select your program from the drop down box in the window that opens.
   5. Enter the information about your program, and click “Register.” Note: The email you enter under “Contact Email” will be used both to sign in to the database and to send you important notifications about the challenge.
2. Print off enough of the summer activity logs for all of the youth in your program.
3. Create a designated place on site for the youth to keep their logs.
4. Pass out the logs and get the youth fired up!
5. Designate a routine for completing the logs daily.
6. Discuss the importance of recording physical activity: developing healthy habits, making sure they’re doing enough physical activity to stay healthy, etc.
7. Discuss ways to be active, including sports, walking or biking to school, hunting/gathering, activities you do in your program, etc.
8. Decide whether the youth will be responsible for completing them on their own or will you do them as a group at a designated time? Sometimes completing the logs as a group and taking a few minutes to share a bit about what you (the adult) and a couple of the youth did that day can be very effective.
9. Within three days of the end of the two-week challenge, enter the logs in the online database:
   1. Log in to database.healthyfuturesak.org with the email address you used to register.
   2. Click the “+” sign to add participants. Enter their name, and click “Save.”
   3. Once the names are entered, click the box under the appropriate log to indicate that they completed the log (eg. If they completed log 1, check the box under “Log 1”)
10. Hand out the incentives to those students who successfully completed a log and celebrate!

**PARAMATERS AND PRIZES**

1. The Summer Challenge runs between June 1st and July 31st.
2. The logs represent a two-week (14 day) physical activity “Mini Challenge”.
3. A successful log is at least 60 minutes a day for 10 days of the 14-day challenge.
4. Youth who complete and turn in a successful log will be eligible for an incentive (e.g. jump rope, yoyo).
5. If unable to enter data online, submit by mail or email (contact [Alyse@healthyfuturesak.org](mailto:Alyse@healthyfuturesak.org) for more info)