

Welcome to Step 3

IMPLEMENT PLAN!

Pages with a red bar at the top are great materials to send home!

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This section is filled with ideas on exactly how to put your 5-2-1-0 Let's Go! goals into action! The pages in this section are organized by the 10 Strategies for Success, so you can turn right to the strategy (or strategies) you will be focusing on this year. Within each strategy tab you will find the following:

WHY PAGES – Each strategy has one WHY page explaining the science behind the strategy, and why it is important.

HOW PAGES – Each strategy also has a HOW page that lists specific and ready-to-use ideas for how to put the strategy into action. Ideas on the HOW page that are bolded have additional supporting pages in that section.

SUPPORTING PAGES – These pages provide more detail on some of the ideas from the HOW page. They can be sent home as parent handouts, used with kids at your program, or shared with staff.

As an example, here is how one out-of-school program may use this section:

EXAMPLE: *The Learning Station Out-of-School Program is preparing their Plan for the year. One of their goals is to find an alternative to candy as a reward for good behavior. They turn to 'Strategy #3: Prohibit the Use of Food as a Reward' and do the following:*

1. Read the **WHY** page to learn about the science behind Strategy #3.
2. Turn to the next page, the **HOW** page, for ideas on how to put Strategy #3 into action.
3. Choose a few ideas from the **HOW** page and add them as goals to their Plan.
4. Turn to the **SUPPORTING PAGES** to get ideas on how to work towards each goal, then add them as tasks on their Plan.
5. Provide helpful tips and resources to caregivers by sending home pages with a **RED BAR** at the top!
6. A few months later, after achieving all the goals on their Plan earlier than expected, they come back to the 'Step 3: Implement Plan' tab for more ideas on how to expand their efforts. This time they may even pick a brand new strategy!

All staff at your program should be familiar with your Let's Go! efforts. At the beginning of each program year, and whenever a new member joins your team, make sure to:

- Review the 10 Strategies for Success
- Share the goals and tasks outlined in your program's Plan
- Talk about expectations for children and staff around healthy eating and physical activity at your program