



## **Tips on a Successful Healthy Futures School Program**

By **Lynda Barcome**, Local Fitness Champion & Alpenglow Physical Education Teacher  
Presented at the 2005 AKAHPERD Conference.

1. Utilize the poster size log during class to show students how to fill out them out correctly.
2. Send out logs for specific 4-week blocks.
3. Put dates on the logs right there in class.
4. Color code the monthly logs by using different colors of paper.
5. Throughout the month long cycle, take a few moments at the beginning of class to remind students which week this is, the log due date, or an upcoming Healthy Futures event.
6. Remind students that many Olympic athletes (like Kikkan and Rosey) use logs or journals as one of their training tools.
7. Hand out the next one as you collect the previous one.
8. Review the logs for completeness and realistic activity. 30 minutes of push ups for an elementary student is not realistic.
9. During class, use the logs to have individual 1-2 minute conferences whenever time or activity allows to praise, reward, set higher goals, discuss choice of activities, or acknowledge effort that did not meet minimum standards this month and encourage them to try again.
10. Prepare a permanent checklist with the most common mistakes listed. When a log is incomplete, return it to the student with the checklist attached on top and the appropriate problem clearly indicated. Student should return the log to you when problem has been resolved (no parent initials, missing dates, no goal selected, etc.)
11. Utilize the poster size log to illustrate what was good or not good on the last group of logs turned in (no names, or use cartoon names).
12. Award prizes in a more public way; announce over the public address system, or class recognition if you give them out at the end of the period.
13. Dress up prizes; attach colorful ribbons with a name tag on each one.
14. Remind students when they have earned the opportunity to have their name entered in the \$500 grand prize drawing.
15. Always be positive and encouraging.