

Educator's Guide

Challenge 22: Motivation Matters



Captivate

It's Challenge Week!

Part 1 Lift Off

- With each *fit* Challenge, students activate healthy habits through the meaningful practice of *fit* choices. The challenge concludes with students activating their friends and family to make *fit* choices too!
- For this challenge, students set a *fit* goal to help motivate themselves.
- Begin the challenge by selecting the *Part 1: Lift Off* slideshow. Students will debate what choices they should make and how they can motivate themselves to make *fit* choices.



Educate

Motivation Matters

- Review *Topic 22: Motivation Matters* before introducing the challenge.

Your Challenge: Find your motivation!

Set your own *fit* goal.

- Encourage students to get motivated to become the best they can be!



Activate

Do It!

Find your motivation!

Set your own *fit* goal.

- Prepare to track the challenge. How will you record student participation? Your records can be as simple as tally marks or a more complex bar graph.
- Decide which challenge tracker (see options below) you will use to track goals and the small steps taken to achieving them.

Part 2 Take Action

Challenge Check In

- Check student progress each day until you are ready to wrap-up the challenge.
 - Show a thumbs up if you think this challenge was a breeze and you easily achieved your goal.
 - Show a thumbs down if this challenge was difficult and you lacked motivation.

Challenge Wrap Up

- Lead a class discussion on the final day of your challenge:
 - What propelled you forward through the challenge? Did friends or family encourage you?
 - What held you back while attempting the challenge? Were you able to talk yourself into making a healthy choice? Why or why not?
 - How can you overcome obstacles during a challenge?

Congratulations!

- Congratulate and/or recognize students for successfully completing the challenge. Encourage students to continue to set *fit* goals and make *fit* choices over the weekend.

Challenge Others

- Encourage students to challenge another person to do the *fit* challenge. Challenge friends, family, and teachers!

Challenge Trackers

Options are provided for students to keep track of the challenge. Choose one to download or have students track their challenges in a notebook or journal.

Option 1: Record goal and small steps.

Option 2: Record challenge choices on individual pages.

Option 3: Check off daily challenge on a 3x5 card.

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Notes: