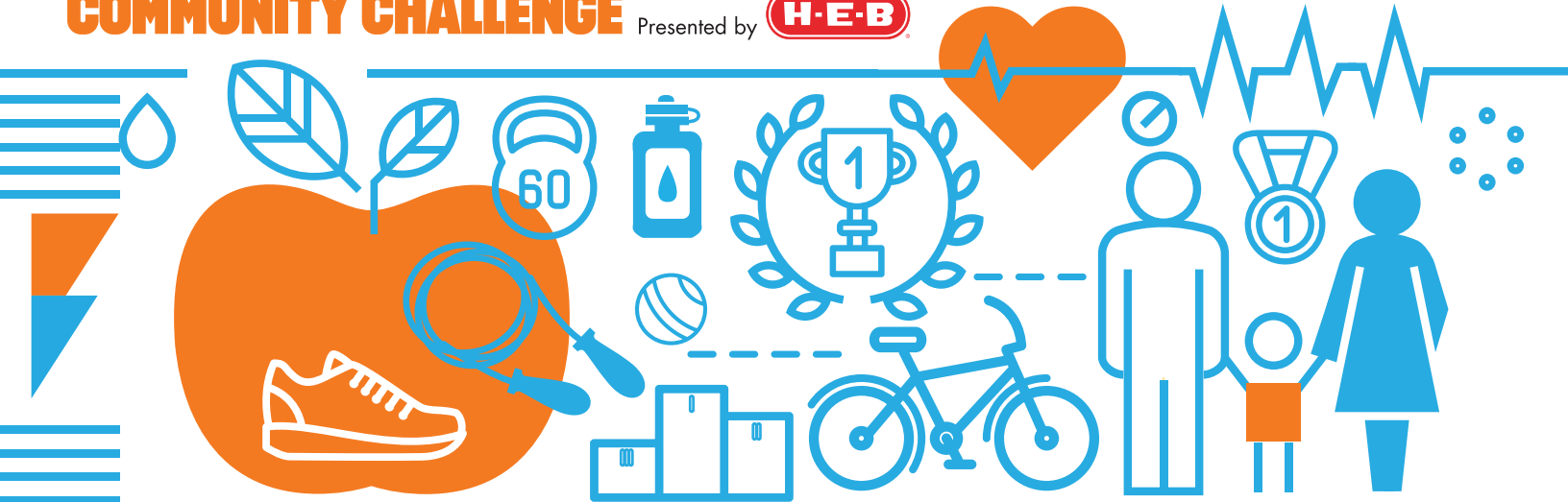


# IT'S TIME TEXAS COMMUNITY CHALLENGE

Presented by



## TEXAS EDUCATORS and SCHOOLS **STEP UP TO THE 2019** IT'S TIME TEXAS COMMUNITY CHALLENGE

### JANUARY 7 - MARCH 3

### 2019

#### A HEALTHIER COMMUNITY STARTS WITH YOU!

Join the IT'S TIME TEXAS Community Challenge and demonstrate your commitment to healthy living. Schools, families, businesses, organizations, and mayors across the state earn points for their cities and towns simply by making healthier choices.

The winning community in each size category will receive funds to put toward future health efforts!

#### HOW YOU CAN EARN POINTS FOR YOUR SCHOOL DISTRICT & COMMUNITY:

##### » 2,000 POINTS - DISTRICT PLEDGES

District SHAC Leader Pledge • District Health & Wellness Coordinator Pledge  
• Superintendent Pledge • District School Board Pledge

##### » 250 POINTS - CAMPUS PLEDGES

Teacher Pledge • PTA Pledge • Principal Pledge

##### » 200 PTS - ORGANIZE A HEALTHY STAFF ACTIVITY!

At least three school staff members must participate.

##### » 500 PTS - IMPLEMENT A TEACH HEALTHIER ACTIVITY FROM THE TEACH HEALTHIER APP!

Educators may earn points for one Teach Healthier lesson per day.

##### » 20 PTS - IMPLEMENT THE TEACH HEALTHIER MYPLATE LESSON!

Take a picture of each student holding their activity card.

### HOW IT WORKS



#### REGISTER OCT 8

@ittcommunitychallenge.com  
to earn bonus points and receive  
all kinds of fun tips & resources!

### THEN STARTING JANUARY 7



#### UPLOAD PHOTOS

every day of healthy eating,  
exercise, and physical activity.



#### SUBMIT ACTIVITIES

through the fitness tracker on  
the website.



#### EARN POINTS

for your community and  
encourage others to register!

## REGISTER AT [WWW.ITTCOMMUNITYCHALLENGE.COM](http://WWW.ITTCOMMUNITYCHALLENGE.COM)



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. To receive assistance purchasing healthy foods, sign up for SNAP benefits at [yourtexasbenefits.com](http://yourtexasbenefits.com).