



HEALTHY START

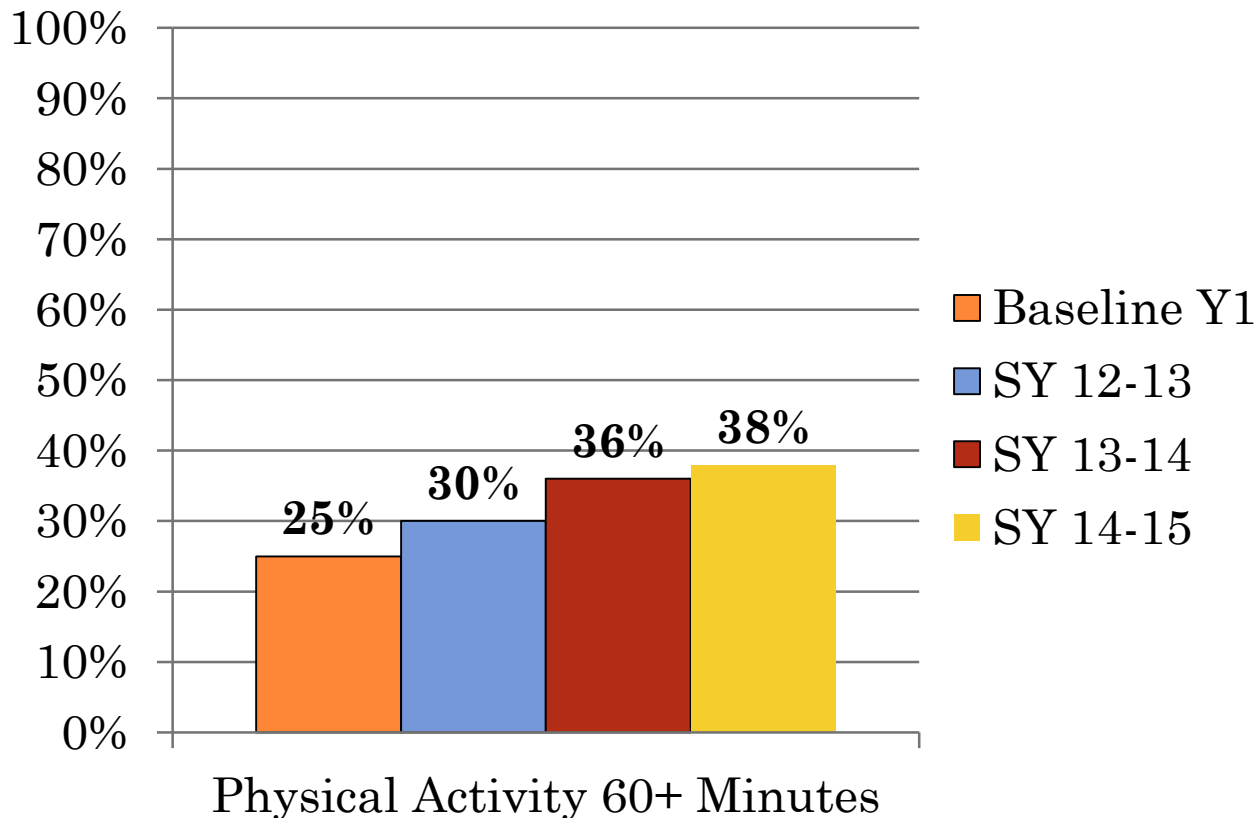
Food, Fitness, Fun!

SY 2012-2015

HEALTHY START: 60+ MINUTES

Measure 1.1

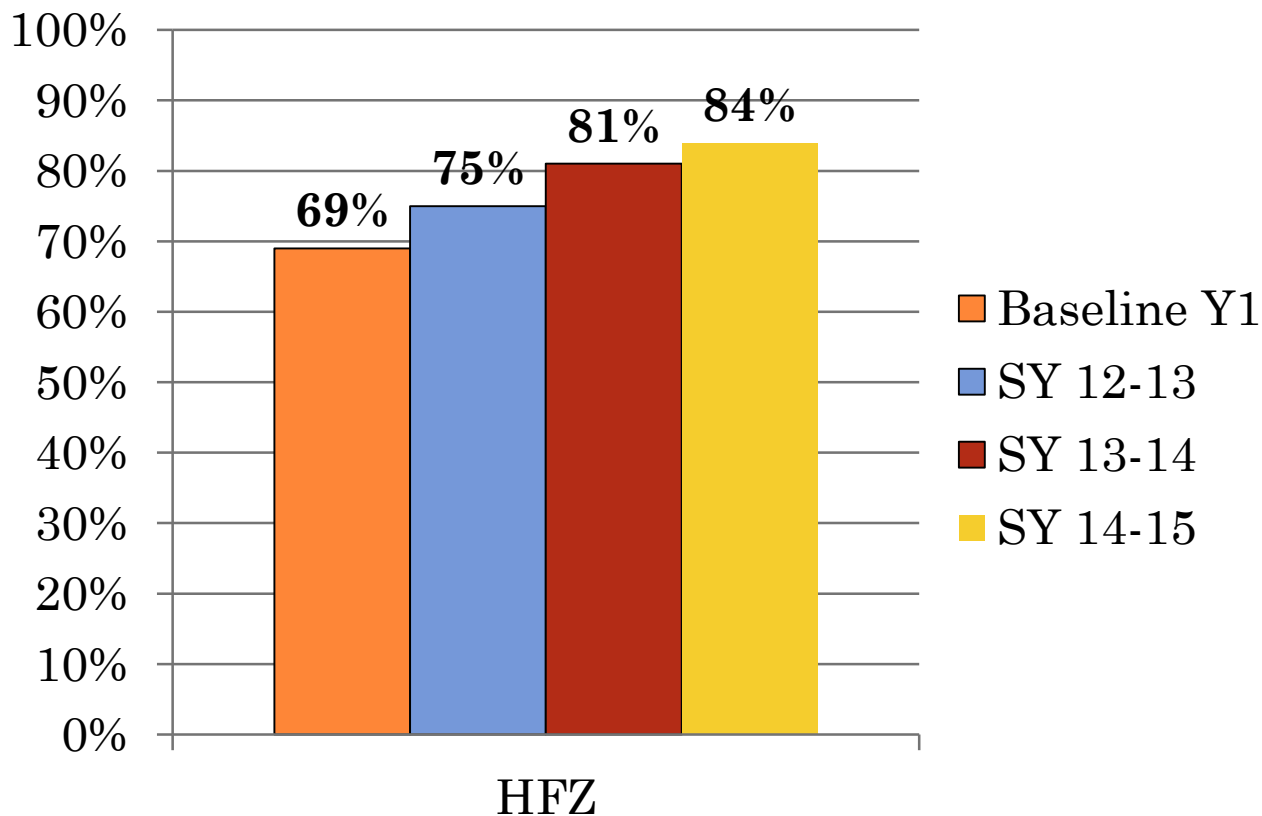
Increase % of K-5 students who engage in 60 minutes of daily physical activity (Pedometer/ 3DayPar)



HEALTHY START: CARDIO FITNESS

Measure 1.2

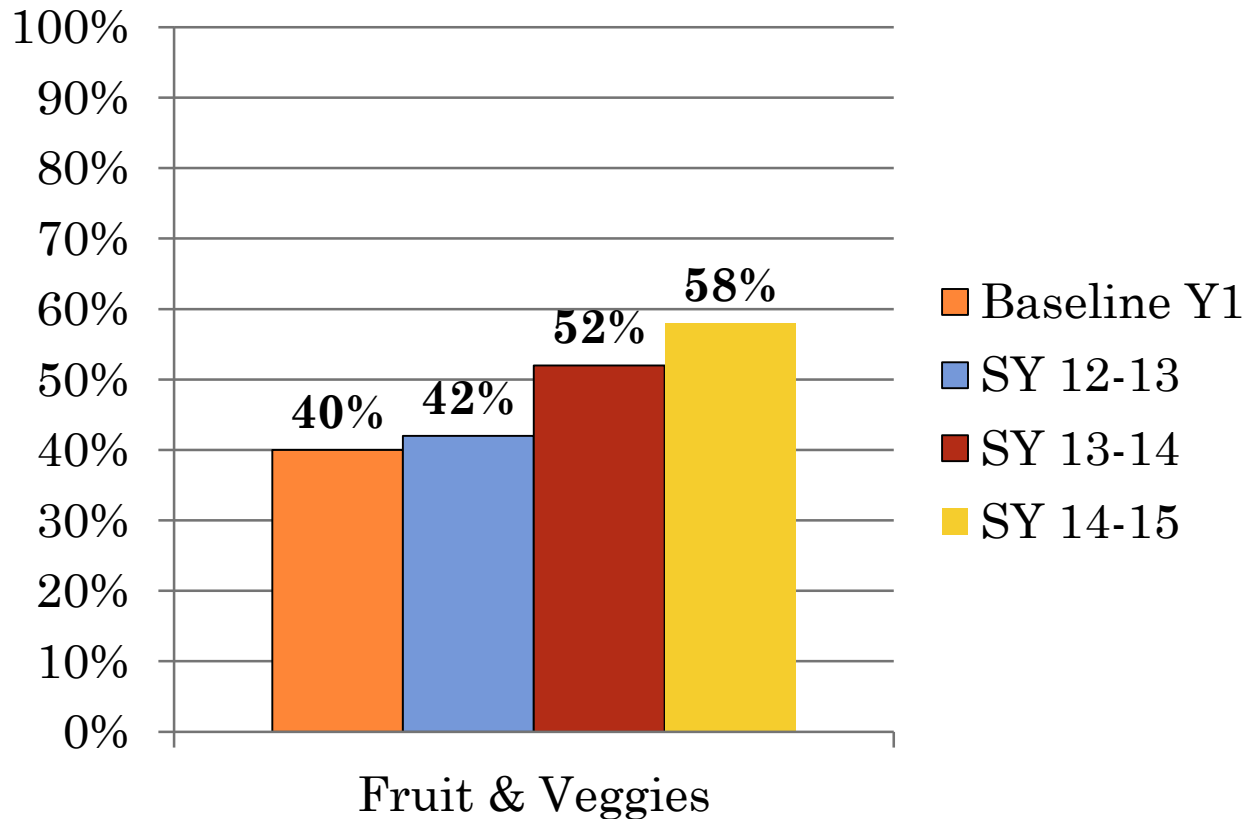
**Increase % of K-5 students in HFZ of cardiovascular fitness
(PACER test)**



HEALTHY START: NUTRITION

Measure 1.3

Increase % K-5 intake of fruit and vegetables, fruit 2x per day and veggies 3x per day (Nutrition Survey)



HEALTHY START: UCQ

Performance Measure 3.a.

The annual increase in the percentage of students who demonstrate cognitive knowledge related to concepts of physical fitness and wellness as measured by the Understanding Check Questionnaire.

