

# FBLA STAYS FIT

Completing this project requires one to achieve a minimum of **75** points.

Your name must be on all pages of the project to receive credit.

**Project MUST be submitted by  
DECEMBER 16, 2018**

**DUE  
DATE**

- Advisers will submit this project via EMAIL posted in Inland Section tab on the [cafbla.org](http://cafbla.org) website.
- One PDF file per member (including the project file and photos).
- Each photo must be clearly labeled with the activity number.
- Your adviser must turn in each PDF file and attach a typed list of every members' name who participated in the project.
- NO student submissions will be accepted.

**ALL members completing the project will receive recognition.**

**The member completing the project with the most amount of points will receive special recognition at the Inland Section Leadership Conference.**

**CONTACT**

If you have any questions, please contact: Arti Patel,  
Inland Section Leadership Associate at  
[apatel@cafbla.org](mailto:apatel@cafbla.org).

# FBLA Stays Fit

Name: \_\_\_\_\_ School: \_\_\_\_\_

Task #	Activity	Requirements	Date(s)	Initials of Adult Witness	Points Earned
1	<b>REQUIRED ACTIVITY</b> Become a leader by fostering awareness.	Develop and attach a Public Relations Flyer including: <ul style="list-style-type: none"> <li>• 5 benefits of staying physically fit</li> <li>• 5 steps people can take to become fit</li> </ul>			
2	<b>REQUIRED ACTIVITY</b> Summary	Write a 250-word summary of what you'll do in the long run to maintain your physical health and a healthy diet.			
3	<b>JUNK FOOD SUBSTITUTION</b> Substitute junk food you eat often, to create a healthier diet. For example, if you like to eat potato chips, substitute with Pop Chips.  Min points: 1 Max points: 4	Each substitution is worth 1 point. Attach pictures of your replacement foods. 1) Junk Food: Substitution: 2) Junk Food: Substitution: 3) Junk Food: Substitution: 4) Junk Food: Substitution:			
4	<b>DISTRIBUTE FLYERS</b> More businesses are becoming health conscious.  Min points: 2 Max points: 6	Distribute your Public Relations Flyer from Task #1 to local businesses. 2 points per business that you distributed to. (3 businesses max)			
5	<b>USE A JUMPROPE</b> Jumping rope burns about 11 calories per minute. Max points: 5	Attach a picture of you USING your jump rope. (A picture of you posing with the jump rope WILL NOT receive credit)			
Total points earned on Page 2 _____					

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Job #	Activity	Requirements	Date(s)	Initials of Adult Witness	Points Earned
6	<p style="text-align: center;"><b>JOIN A MAILING LIST</b></p> <p>Getting involved will teach you a lot!</p> <p style="text-align: center;">Max points: 5</p>	Attach an email form a sporting/marathon organization.			
7	<p style="text-align: center;"><b>JUNK FOOD REPORT</b></p> <p>Understanding why junk food is not good for you, is the first step to eating healthier.</p> <p style="text-align: center;">Min points: 1 Max points: 4</p>	Attach a 50-word report for each substitution in Task #3. 1 point per 50-word report.			

8	<p style="text-align: center;"><b>PURCHASE SPORTING GOODS</b></p> <p>Proper exercise equipment will help you stay fit.</p> <p style="text-align: center;">Min points: 5 Max points: 10</p>	Attach a receipt of purchase. For every \$10 spent, add 5 points (\$20 max) Include a picture of you utilizing or wearing the exercise equipment.			
9	<p style="text-align: center;"><b>A DAY IN THE LIFE OF A VEGETARIAN</b></p> <p>Becoming vegetarian can teach you about nutrition.</p> <p style="text-align: center;">Max points: 6</p>	Attach a document of 5 interview questions you asked someone you know who is a vegetarian <b>OR</b> explain 5 benefits of being a vegetarian in a minimum of 200 words.			
10	<p style="text-align: center;"><b>CREATE A HEALTHY RECIPE</b></p> <p>Healthy ingredients equate to a healthy lifestyle.</p> <p style="text-align: center;">Min points: 5 Max points: 10</p>	Create your own recipe using healthy ingredients and take a picture with the food you created using the recipe. 5 points for recipe, 10 points for recipe and picture.			
11	<p style="text-align: center;"><b>CREATE AN EXCERCISE PLAN</b></p> <p>Create an organized template of a healthy plan.</p> <p style="text-align: center;">Max points: 7</p>	Type up an organized chart for a week's plan of exercise routines.			

Total points earned on Page 3 \_\_\_\_\_

# FBLA Stays Fit

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Job #	Activity	Requirements	Date(s)	Initials of Adult Witness	Points Earned
12	<p><b>READ AN ARTICLE RELATING TO EXERCISING/HEALTH</b>                      Read an article that emphasizes the importance of health.                      Max points: 8</p>	1) Attach the article read. 2) Write and attach a 300 word summary of your findings.			
13	<p><b>ENROLL IN A GYM MEMBERSHIP PROGRAM</b>                      Gym facilities can help maximize exercise activity.                      Max points: 10</p>	Attach a receipt from the gym facility and a picture of you USING their exercise equipment at their facility.			
14	<p><b>ORGANIZE A MOVIE NIGHT</b>                      Spread awareness by showing a health awareness movie: (Food Inc., Forks Over Knives, Hungry for Change, etc).                      Max points: 10</p>	Date: _____ Time: _____ Location: _____ Number of Attendees (Min. 5): _____ Attach a 100 word summary about how this changed your view of fast food, and if it influenced you to change your eating habits.			
15	<p><b>WRITE ABOUT THE DANGERS OF OBESITY</b>                      This issue is a giant health epidemic.                      Max points: 10</p>	Write a report of an ongoing problem of obesity of our youth in America. Must be in this format: <ul style="list-style-type: none"> <li>• One page</li> <li>• Double Spaced</li> <li>• 12 pt. font, Times New Roman</li> <li>• Works Cited pages at the end</li> </ul>			
16	<p><b>SPREAD AWARENESS</b>                      Informing others about healthy decisions can help achieve your goals.                      Max points: 10</p>	Present at a local chapter meeting about the following topics: <ul style="list-style-type: none"> <li>• The food pyramid</li> <li>• Benefits of staying fit</li> <li>• Health consequences of bad life choices</li> </ul> Attach a photo of YOU PRESENTING at the meeting.			
<p>Total points earned on Page 4 _____</p>					

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17	<p style="text-align: center;"><b>PARTICIPATE IN A LOCAL SPORTING EVENT</b></p> <p>Getting involved in community events will motivate you and other to stay healthy. (ex. Relay for Life)</p> <p style="text-align: center;">Min points: 8 Max points: 16</p>	<p>8 points per event (2 events maximum) There must be AT LEAST 5 people at the event.</p> <p>Event 1: Date: Time: Location:</p> <p>Event 2: Date: Time: Location:</p> <p>Attach a picture of you at the event(s).</p>			
18	<p style="text-align: center;"><b>HOST A WORKOUT SESSION</b></p> <p>Group workout sessions encourage networking and a healthy lifestyle.</p> <p style="text-align: center;">Min points: 5 Max points: 10</p>	<p>Host a workout session with AT LEAST 7 other people in a public setting. Attach a picture of the entire group while the workout session is taking place.</p> <p>5 points per session (2 sessions maximum).</p>			
19	<p style="text-align: center;"><b>JOIN A SPORTS TEAM</b></p> <p style="text-align: center;"><b>Complete the season</b></p> <p>Team motivation is a great strategy.</p> <p style="text-align: center;">Max points: 20</p>	<p>Coach's signature: _____</p> <p>Sport: _____</p>			
20	<p style="text-align: center;"><b>RECEIVE CURRENT LIFEGUARD OR CPR ACCREDITATION</b></p> <p style="text-align: center;"><b>From a recognized organization</b></p> <p>Having knowledge of these processes helps you protect others</p> <p style="text-align: center;">Max points: 20</p>	<p>Make a copy of your certificate and attach it.</p>			

Total points earned on Page 5 \_\_\_\_\_

**TOTAL OF ALL PAGES** \_\_\_\_\_

Advisers - email one file PDF with all your chapter entries to [inlandstaysfit@cafbla.org](mailto:inlandstaysfit@cafbla.org)

**Entries submitted by students or advisers using another email to submit will not accepted**