



## 3-2-1 Let's Go!

**Directions:** Fill in your answers to 3, 2, 1; then, select one number on the Readiness Ruler to indicate your readiness to lead a change to promote healthy eating and physical activity among students in your venue.

**3** Name **three** groups of stakeholders in your state, region, city, or school district that need to be informed about the *School Health Guidelines to Promote Healthy Eating and Physical Activity*.

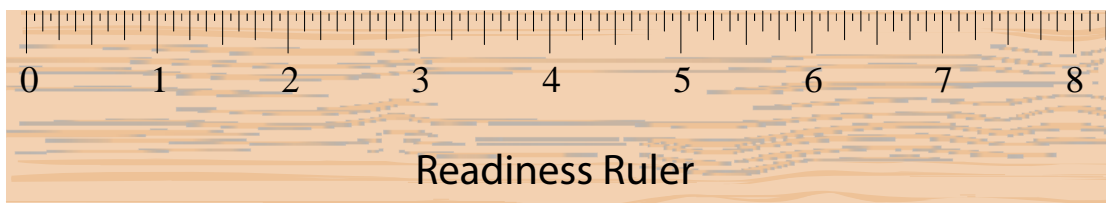
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**2** Name **two** strategies to disseminate the *School Health Guidelines to Promote Healthy Eating and Physical Activity* within your state, region, city, or school district to the groups identified above.

1. \_\_\_\_\_
2. \_\_\_\_\_

**1** Name **one** guideline that needs to be addressed in your venue.

1. \_\_\_\_\_



Which number on the Readiness Ruler indicates your readiness to lead a change to promote healthy eating and physical activity among students in your venue?