

IDENTIFY CONCERNS



- To help people decide to make healthy choices.
- To identify the long term effect to not making healthy choices.
- To help people understand, who haven't made healthy choices.

SET A GOAL



- Our goal is to inform people about making healthy choices.
- To make people realize what happens when you don't make healthy choices.

FORM A PLAN (WHO, WHAT, WHEN, WHERE, HOW, COST, RESOURCES, AND EVALUATION)



Who: Mason Harvey, Founder of Strive for 85.
 What: What Mason went through while being over weight.
 When: This was a project we worked on throughout the school year.
 Where: Guthrie High School
 Cost: Free
 Resources: Ipad, Computer, time, Perfect Video App.
 Evaluation: Showed our FCCLA class and advisor and took their advice.

ACT



We interviewed Mason Harvey, Founder of Strive for 85. We had our whole class start making healthy choices, and they signed a petition, that they would make healthy choices for one week. We researched facts about healthy living, and the problems it causes.

FOLLOW UP



We showed the class the video and got their opinions on it, and posted it on our school website for the whole school, to learn about making healthy choices.