

FUEL YOUR FUTURE!

Join Girl Scouts of Greater Iowa and Midwest Dairy to take on the Fuel Your Future Challenge!

We're made of our minds, hearts and bodies, which work together and support one another to make us who we are. Our minds represent the way we think and feel about ourselves. Our hearts represent the way we feel and care about others. Our bodies can move and do amazing things. Our mind, heart, and body are all connected and taking care of each is important to living a well-balanced life!

What we eat and our physical activity supports our overall health and can influence the way we think (mind) and the way we feel about ourselves and others (heart and mind). Think of how your brain is always working—making sure that you're breathing and your heart is beating. The brain works even when we're sleeping, so it needs a constant supply of fuel from the food we eat. What's in that fuel not only impacts how our bodies work, but also how our brains work and ultimately our moods.

Take the Fuel Your Future challenge to explore the connection between your mind, heart, and body - and be the best version of you! Complete activities from each category - **DISCOVER**, **CONNECT**, and **TAKE ACTION**, to earn the Fuel Your Future Challenge patch. Try out our included activities or create your own! When you have completed the challenge complete this [short survey](#) to request your FREE Fuel Your Future patch—available while supplies last!



DISCOVER:

Learn about how physical health is connected to social and emotional health. Choose three activities.

- ◌ Play music and dance/think about how it makes you feel. Share with the group to hear how others connected!
- ◌ Did you know food can affect your mood? Check out this [Food & Mood video](#) to learn more!
- ◌ Visit a local gym, YMCA, or recreation center and try a new activity!
- ◌ Try the [Super Sleep Crossword Puzzle](#) or [Word Search](#) while learning about [Sleep Smarter, to Perform Better!](#)
- ◌ Explore [MyPlate](#) and discover the difference between [macronutrients and micronutrients](#) (pg 65). Want to hear from an expert? Check out this video: [MyPlate, Food Groups and Nutrients](#)
- ◌ Become a food label detective and try out the [FDA's interactive nutrition label](#)

CONNECT:

Find out about what you can do to fuel your body, get moving, and try new things! Choose three activities.

- ◌ Try a [guided gratitude meditation](#) (pg 64)
- ◌ [Design a balanced meal](#) that follows the MyPlate Graphic
- ◌ Take the [Score With Your Pour](#) (pg 23) hydration checklist
- ◌ Record how you feel with a daily mood tracker
- ◌ Use the [sleep calculator](#) to find your ideal bedtime
- ◌ Try three new types of food or recipes. Need some recipe ideas? Check out these [Easy and Healthy Dairy Recipes](#). How do these new foods fuel your body?
- ◌ Relax your mind and body with yoga
- ◌ Create a gratitude journal
- ◌ Try two new physical activities

TAKE ACTION:

Take action in your own life to be your best self! Choose two activities to incorporate into your own life. Don't forget to think about how to properly fuel and recover after your activities!

- ◌ Take a weekly walk with your friends, troop, or family
- ◌ Start your troop meetings with an active game
- ◌ Create a [weekly meal plan](#) with your family
- ◌ Do at least one physical activity a day for a week
- ◌ [Map Out](#) (page 75) a new night time routine with your ideal bedtime
- ◌ Track your sleeping habits with a [sleep journal](#) (page 76)
- ◌ Visit a local state or county park and take a nature hike