

Instructions for Live Temperately

1. Smile, be friendly
2. Perform computer health age
3. Fill out Health Expo Booklet
4. If a child comes with a "Grow Up Strong" Health Expo Booklet, help the child go through and understand the temperance pledge, have them sign it if they haven't done so already, and sign as the witness if that blank is empty. Remember to emphasize the importance of the pledge they are signing, that they need to remain faithful to this pledge no matter what.

Supplies List for Live Temperately

Live Temperately Banner
Live Temperately Sign
Temperance Instruction Folder
Computer with Computer Health Age Software
Printer
Extension Cord
Power Strip
Discover Your Health Age Results Sheets
Pens
Waste Basket