



## WHAT'S YOUR IQ?

Elevate your Integrity Quotient with this monthly team activity that builds individual character and team unity!

### STEP 1

Log on to [USASF.net](http://USASF.net) to find downloadable and sharable videos of athletes and coaches that introduce a new word each month that supports the overall theme of "Integrity." The program encourages conversation in gyms and studios about how athletes, teams, coaches and owners can personally be the example, and encourage others to be the example, of that month's word.

### STEP 2

At the beginning of each month, post one of the mini posters from this folder in your gym or studio as an introduction and reminder of the word your program will be working on that month.

### STEP 3

Use the Conversation Starter pages in this folder to lead team building talks with athletes and coaches. Each page includes the definition of the word of the month, a quote that puts the definition in perspective, and Self Reflection questions to answer, share and encourage each other to learn and grow. There are 12 words; one for each month. You can choose to use them in the order in which they're presented or shuffle them in an order that makes the most sense for you. These are also available for download online.

### STEP 4

Learn and recite the "IQ Creed" regularly! It's the perfect way to start and end practice. The creed will unify athletes and coaches in their commitment to creating an integrity-centered All Star program.

### SHARE IT!

Start the conversation! Download both versions of the video and the Conversation Starters from [USASF.net](http://USASF.net) each month, and share them with your teammates, on your website and in social media. Be sure to use #WhatsYourIQ when you're posting!