**School Wellness Goals and Action Plan.** **School District:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_

Directions: List (1-3) goals from the items identified as “high priority” on worksheet 3; these goals will focus improvements in the school wellness areas below. In order to clearly categorize your goals, list action plan steps, set a target date and a responsible party for each of the goal/components.

|  |  |  |  |
| --- | --- | --- | --- |
| **Goal/School Wellness Component****(From the categories on Worksheet 3)** | **Action Plan Steps** | **Target Date for Implementation of Goal** | **Responsible Individual(s)** |
| 1. School Wellness Policy Implementation:Form a committee:Update policy:Complete assessment:Other: |  |  |  |
| 2. Nutrition Guideline:Goal 1:Goal 2:Goal 3: |  |  |  |
| 3. Nutrition Education:Goal 1:Goal 2:Goal 3:  |  |  |  |
| 4. Nutrition Promotion:Goal 1:Goal 2:Goal 3:  |  |  |  |
| 5. Physical Activity:Goal 1:Goal 2:Goal 3:  |  |  |  |
| 6. School Wellness:Goal 1:Goal 2:Goal 3:  |  |  |  |

**Notes:**