

Program Planning in Your Worksite

Which topics are priorities in your worksite (i.e. physical activity, nutrition, smoking cessation, etc.)?

Do you currently have a program built around these priorities? If not, which type of program would work for your worksite (i.e. education only, behavior change, etc.)?

What types of incentives do you currently offer for your programming? What is one type of incentive that you don't currently offer but may work in your worksite?

Outline a plan for offering an annual campaign in your worksite. (How would you invite people to participate? Who would be eligible to participate? How long would it run? Would you offer incentives?, etc.)

