



# Sample Healthy Living Action Plan



What is the issue?	What action will we take?	Who will do it?	When will it be done?	How will we monitor progress?	How will we know if we succeeded?	What will it cost?
<p><b>Scenario 1</b> Our students and staff participate in no outdoor school-related events beyond outdoor athletic events.</p> <p><b>Scenario 2</b> On average, our students and staff spend less than 4 hours/wk. doing outside activities unrelated to school.</p> <p><b>Scenario 3</b> We do not have a walk- or bike-to-school program.</p>	<p><b>Scenario 1</b> Sponsor one outdoor event at school and provide outdoor field trip options for teachers and their classes.</p> <p><b>Scenario 2</b> Sponsor two outdoor events for school and community to participate in and create a handbook of local outdoor activities and events that all can participate in.</p> <p><b>Scenario 3</b> Implement a safe walk- and bike-to-school program.</p>	<ul style="list-style-type: none"> <li>Eco-Action team will work with school staff, administration, and possibly clubs and organizations to create school-sponsored outdoor events.</li> <li>Eco-Action team will research local, affordable outdoor field trip options for teachers.</li> <li>Eco-Action team will inquire about help with outdoor activities/events from the City Parks and Recreation department.</li> <li>To work on walking/biking infrastructure, Eco-Action team will work with school administration and transportation department as well as enlist help from the municipality's transportation department.</li> </ul>	<p><b>September-October</b> Research options, get administrative support.</p> <p><b>November-January</b> Create and disseminate field trip guides and outdoor activity handbooks. Share plans for the walk-and bike-to-school program, launch an awareness campaign.</p> <p><b>February-March</b> Plan outdoor events. Work with municipality on walking and biking safety.</p> <p><b>April</b> Hold special Walk/Bike-to-School Day.</p> <p><b>May-June</b> Hold outdoor events.</p>	<ul style="list-style-type: none"> <li>Adhere closely to our timeline and communicate often with those working on the project.</li> <li>Disseminate surveys.</li> </ul>	<ul style="list-style-type: none"> <li>Post-implementation audit numbers are better than original audit results.</li> <li>Feedback from surveys is positive.</li> <li>Programs, events, and activities are well-attended and regularly used.</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor events may have costs associated with event materials, signage, and food.</li> <li>If the handbook is not digital, there may be some paper/printing costs.</li> <li>If we choose to work with the city to create safe routes to school signage, we may need to help with fundraising.</li> </ul>