

**SAMPLE  
Health Goals Worksheet**

RISK FACTOR: Physical Activity  
 TARGET GROUP: Employees In Worksite

<b>Strategies/ Channels</b>	<b>Health Change Goals</b>	<b>Evaluation</b>
<b>Awareness:</b>  <i>Worksite Newsletter</i>  <i>Health Risk Appraisal</i>	<i>Awareness/ Knowledge</i>  <i>Awareness/ Knowledge/ Attitudes</i>	<i># Distributed or picked up</i>  <i># Participating</i>
<b>Lifestyle:</b>  <i>Walking and Jogging Kit</i>  <i>Exercise Competition</i>	<i>Skills/ Action</i>  <i>Motivation Skills/ Action</i>	<i>Pre-test and # Picked Up</i>  <i>Pre and Post-test # of Participants</i>  <i>Coordinator Evaluation</i>
<b>Supportive Environment:</b>  <i>Exercise Facility in Worksite</i>	<i>Maintenance/ Environment</i>	<i># Using Facility in Worksite</i>