

**Healthy Eating in the Workplace
Promotion Planning Worksheet**

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Overall Goal : _____

Intended Audiences: _____

Objectives: _____

Remember to make your objectives SMART: Specific, Measurable, Achievable, Realistic, and Time-bound.

Short-term Objectives	Topics/Activities	Indicators of Meeting Objectives

Long-term Objectives	Topics/Activities	Indicators of Meeting Objectives

Adapted from *Logic Models Workbook* (Version 6.1, August 2001) by the Health Communication Unit, University of Toronto. Available online at www.thcu.ca/infoandresources/publications/logicmodel.wkbk.v6.1.full.aug27.pdf