

**SAMPLE
Health Goals Worksheet**

RISK FACTOR: Physical Activity
 TARGET GROUP: Employees In Worksite

Strategies/ Channels	Health Change Goals	Evaluation
Awareness: <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>
Lifestyle: <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>
Supportive Environment: <i>Exercise Facility in Worksite</i>	<i>Maintenance/ Environment</i>	<i># Using Facility in Worksite</i>