

## Wellness Plan template

STUDENT WELFARE  
WELLNESS AND HEALTH SERVICES

FFA  
(REGULATION)

***[Note to wellness plan developer(s): This template is intended to assist your district in the implementation of the District's wellness policy at FFA(LOCAL). Although the District addresses wellness and health services in many ways, this template is provided to satisfy federal requirements related to a school wellness policy. Be sure to delete the bold and/or italicized notes and developer instructions throughout this regulation and revise provisions as appropriate before finalizing your District's wellness plan.]***

WELLNESS PLAN                      This document, referred to as the "wellness plan"(the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board, to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b]

***[Be sure to refer to your FFA(LOCAL) to determine if your local school health advisory council (SHAC) is the committee directed by the Board to fulfill the roles listed below. Although not a statutorily required duty of the SHAC, many districts use the SHAC to develop a plan to implement the wellness policy since it is an existing committee required by state law that addresses a variety of health and wellness issues and has a similar composition as the federally required wellness committee.]***

STRATEGIES TO SOLICIT INVOLVEMENT                      Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC will permit the following persons to work with the SHAC on the District's wellness policy and plan: parents, students, the District's food service provider, physical education teachers, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit involvement and input of these other interested persons by:

1.    *(Insert strategy to be used.)*
2.    *(Insert strategy to be used.)*

IMPLEMENTATION                      Each campus principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.

The \_\_\_\_\_ *(title of District official)* is the District official responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other appropriate

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administrative procedures, and ensuring that each campus complies with the policy and plan.

### EVALUATION

In accordance with law, the District will periodically measure and make available to the public an assessment of the implementation of the District's wellness policy, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. Absent federal regulations to the contrary, the District commits to the evaluation activities described below.

At least annually, the SHAC will prepare a report on the wellness policy and this plan by gathering information from each principal and appropriate District administrators. The SHAC will assess the District's and each campus's progress toward meeting the goals of the policy and plan by reviewing District- and campus-level activities and events tied to the wellness program.

The SHAC may use any of the following tools for that analysis:

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### PUBLIC NOTIFICATION

To comply with the legal requirement to inform and update the public about the content and implementation of the local wellness policy, the District will create a wellness page on its website to document information and activity related to the school wellness policy, including:

1. A copy of the wellness policy [FFA(LOCAL)];
2. A copy of this wellness plan, with dated revisions;
3. Notice of any Board revisions to policy FFA(LOCAL);
4. Notice of any SHAC meeting at which the wellness policy or corresponding documents are scheduled to be discussed;
5. The SHAC's annual report on the District's wellness policy and plan; and
6. Any other relevant information.

The District will also publish the above information in appropriate District or campus publications.

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RECORDS  
RETENTION

Records regarding the District's wellness policy will be retained in accordance with law and the District's records management program. Questions may be directed to the \_\_\_\_\_ (*title of District official*), the District's designated records management officer.

GUIDELINES AND  
GOALS

The following provisions describe the District's nutrition guidelines and activities and objectives chosen by the SHAC to implement the Board-adopted wellness goals in policy FFA(LOCAL).

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***[If one or more of your campuses does not participate in the federal child nutrition programs, modify the text accordingly.]***

***Federal law requires the United States Department of Agriculture (USDA) to promulgate regulations that provide the framework and guidelines "for all foods available on each school campus under the jurisdiction of the local educational agency during the school day." Please note, however, that current federal regulations only address foods and beverages sold to students, providing flexibility for foods and beverages that are made available or marketed to students during the school day. A school district's nutrition guidelines must not be more lenient than the federal and state standards, but a district can develop stricter guidelines as appropriate for the needs of the District. Make sure to encompass any stricter guidelines in the section below.]***

NUTRITION  
GUIDELINES

All District campuses participate in the United States Department of Agriculture's (USDA's) child nutrition programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). Federal law requires that the District establish nutrition guidelines for foods made available on each campus that are consistent with the federal standards and that promote student health and reduce childhood obesity.

The District's nutrition guidelines are to ensure all foods and beverages sold, otherwise made available, or marketed to students during the school day adhere to all federal regulations and guidance and are designed to promote student health and reduce childhood obesity.

***[If your district has additional guidelines listed in FFA(LOCAL) related to nutrition guidelines, describe those below along with the objectives, action steps, and methods to measure implementation of the objectives.]***

FOODS SOLD

The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as a la

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carte options or vending machines. For purposes of this plan, these requirements will be referred to as “Smart Snacks” standards or requirements. The following websites have information regarding meal and Smart Snacks requirements:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>

***[If the District has stricter standards/guidelines that are not prohibited by the federal meal program requirements or Smart Snacks standards, such as a prohibition on the sale of diet sodas or on the preparation of food by deep fat frying, include those restrictions here.]***

EXCEPTION—  
FUNDRAISERS

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

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***[Determine whether exemptions will be allowed for fundraisers involving food that is not Smart Snacks compliant.]***

The District will allow the following exempted fundraisers for the 20\_\_–\_\_ school year:

Campus or Organization	Food/Beverage	Number of Days

**OR**

The District will not allow exempted fundraisers; all fundraisers will include non-food items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

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FOODS MADE  
AVAILABLE

There are currently no federal requirements for foods or beverages made available to students during the school day. The District will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the per-

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son's child or grandchild on the occasion of the student's birthday or to children at a school-designated function. [See CO(LEGAL)]

***[Insert any local requirements here. Lauren's law, as mentioned above, allows a parent or grandparent to bring a food product of his or her choice in the above situations and prohibits a school district from adopting any rule, policy, or program that would prohibit this right. Please consult your local attorney if you wish to impose restrictions on the types of foods and beverages that a parent may bring on the occasion of the student's birthday or to children at a school-designated function.]***

In addition, the District has established the following local guidelines on foods and beverages made available to students: *(Insert District's local guidelines.)*

MEASURING  
COMPLIANCE

The District will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to the TDA, reviewing foods and beverages that are sold in competition with the regular school meals, reviewing items sold as part of approved District fundraisers, and monitoring the types of foods and beverages made available to students during the school day.

NUTRITION  
PROMOTION

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District's nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by the District.

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition promotion.

***[Coordinate the goals listed in this section with those listed in FFA(LOCAL). The remaining sections of this template list two objectives under each goal along with a column for action steps and another column reflecting the methods for measuring implementation. Revise the tables and contents according to the District's needs.]***

<b>GOAL:</b> The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul>

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	Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>
<b>Objective 2:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

**GOAL:** The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>
<b>Objective 2:</b>	
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<b>GOAL:</b> The District shall ensure that food and beverage advertisements accessible to students during the school day depict only products that meet the federal guidelines for meals and competitive foods.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>
<b>Objective 2:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

<b>GOAL:</b> <i>List any other goal in the District's FFA(LOCAL) related to nutrition promotion not identified above.</i>	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

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	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

NUTRITION  
EDUCATION

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program with a nutrition services and health education component at the elementary and middle school levels. [See EHAA]

***[Describe how the District implements the state-required coordinated health program component of nutrition education by listing one of the current TEA-approved coordinated school health programs, and describing the setting in which the program is offered.]***

In accordance with FFA(LOCAL), the District has established the following goal(s) for nutrition education.

***[Coordinate the goals listed in this section with those listed in FFA(LOCAL).]***

<b>GOAL:</b> The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>



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	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

<p><b>GOAL:</b> The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.</p>	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>
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	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

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**GOAL:** The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program.

**Objective 1:**

Action Steps	Methods for Measuring Implementation
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

**Objective 2:**

Action Steps	Methods for Measuring Implementation
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

**GOAL:** *List any other goal in the District's FFA(LOCAL) related to nutrition education not identified above.*

**Objective 1:**

Action Steps	Methods for Measuring Implementation
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

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<b>Objective 2:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

PHYSICAL ACTIVITY      The District will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]

***[Include below how the District will meet the requirements for physical activity as mandated by Education Code 28.002(1)–(1-1), e.g., 30 minutes of daily recess in elementary school grades, a requirement for students at the middle school level to enroll in a physical education or athletics course for at least four semesters, etc.]***

Federal law requires that the District establish goals for physical activity in its wellness policy.

In accordance with FFA(LOCAL), the District has established the following goal(s) for physical activity.

***[Coordinate the goals listed in this section with those listed in FFA(LOCAL).]***

<b>GOAL:</b> The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

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<b>Objective 2:</b>	
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	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

<p><b>GOAL:</b> The District shall provide appropriate staff development and encourage teachers to integrate physical activity into the academic curriculum where appropriate.</p>	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>
<b>Objective 2:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

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<b>GOAL:</b> The District shall make appropriate before-school and after-school physical activity programs available and shall encourage students to participate.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>
<b>Objective 2:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

<b>GOAL:</b> The District shall make appropriate training and other activities available to District employees in order to promote enjoyable, life-long physical activity for District employees and students.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

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	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

**GOAL:** The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events.

<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>
<b>Objective 2:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

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**GOAL:** The District shall encourage students, parents, staff, and community members to use the District’s recreational facilities, such as tracks, playgrounds, and the like, that are available for use outside of the school day.

**Objective 1:**

Action Steps	Methods for Measuring Implementation
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

**Objective 2:**

Action Steps	Methods for Measuring Implementation
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

**GOAL:** *List any other goal in the District’s FFA(LOCAL) related to physical activity not identified above.*

**Objective 1:**

Action Steps	Methods for Measuring Implementation
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

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	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

SCHOOL-BASED  
ACTIVITIES

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness.

In accordance with FFA(LOCAL), the District has established the following goal(s) as part of its student wellness policy to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message.

***[Coordinate the goals listed in this section with those listed in FFA(LOCAL).]***

<b>GOAL:</b> The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>
<b>Objective 2:</b>	
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	Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>
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<b>GOAL:</b> The District shall promote wellness for students and their families at suitable District and campus activities.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>
<b>Objective 2:</b>	
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	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

<b>GOAL:</b> The District shall promote employee wellness activities and involvement at suitable District and campus activities.	
<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

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<b>Objective 2:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>

**GOAL:** *List any other goal in the District's FFA(LOCAL) related to other school-based activities not identified above.*

<b>Objective 1:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>
<b>Objective 2:</b>	
<b>Action Steps</b>	<b>Methods for Measuring Implementation</b>
	Baseline or benchmark data points: <ul style="list-style-type: none"> <li>•</li> </ul> Resources needed: <ul style="list-style-type: none"> <li>•</li> </ul> Obstacles: <ul style="list-style-type: none"> <li>•</li> </ul>