



Use this checklist to monitor your progress through the ACTIVATE phase of your program. Note any comments or difficulties you have encountered along the way.

| Task | Comments | Status and Date |
|---|----------|-----------------|
| Set clear goals and objectives for your program | | |
| You have an idea of how you are going to evaluate the success of your program | | |
| Decide which behaviours you want to target | | |
| Develop a health and well-being policy | | |
| Develop a strategy and put an action plan in place | | |
| Put creative programs into place catering for a wide variety of health and well-being needs | | |
| Use experts to deliver specific services, e.g. classes and seminars | | |
| Link with existing events and programs in the community | | |
| Use incentives to encourage participation and reward commitment | | |