

## Healthy Eating in the Workplace Promotion Planning Worksheet

**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](http://www.thcu.ca/infoandresources/publications/logicmodel.wkbk.v6.1.full.aug27.pdf)