

**Healthy Eating in the Workplace
Action Plan Worksheet**

Goals	Intended Audience Where Need Was Identified	Activity(s)	Resources Required	Timelines (Plan, Implement, and Evaluate)	Person(s) Responsible	Expected Result (Specific, Measurable, Achievable, Realistic, and Time-limited)	Monitoring/ Evaluation Method

Adapted from A Guide for Building a Workplace Wellness Program.
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