

Getting Started Worksheet

What you want to achieve and what will get you there

Program: _____ Date: _____

This tool will help you look at your child care environment and highlight which strategies best fit your needs in promoting physical activity and healthy eating. Please use the following scale and circle the appropriate numbers in the right hand columns:

1. Not even on the radar screen
2. Implemented in at least one classroom
3. Implemented by many classrooms
4. Implemented program-wide on a regular basis

We:	Fall	Would Like to Address (Yes or No)	Spring
Encourage healthy choices for snacks and celebrations.	1 2 3 4	Y or N	1 2 3 4
Participate in local, state, or national initiatives that promote physical activity and healthy eating.	1 2 3 4	Y or N	1 2 3 4
Include community organizations in wellness promotion.	1 2 3 4	Y or N	1 2 3 4
Involve and educate families in initiatives that promote physical activity and healthy eating.	1 2 3 4	Y or N	1 2 3 4
Encourage water and low-fat milk instead of sugar-sweetened drinks.	1 2 3 4	Y or N	1 2 3 4
Discourage the use of food as a reward; use physical activity as a reward.	1 2 3 4	Y or N	1 2 3 4
Incorporate physical activity into the school day.	1 2 3 4	Y or N	1 2 3 4
Develop a 5-2-1-0 friendly staff wellness program.	1 2 3 4	Y or N	1 2 3 4
Implement and strengthen a Wellness Policy that supports 5-2-1-0 strategies.	1 2 3 4	Y or N	1 2 3 4

(continued on other side)

Which strategies would you or your program like to focus on this year?

What are some specific ways you could address your chosen strategies?

What potential barriers do you foresee?

Next steps:
