



STEP
5

Measure Success

Administer post-program HBQ • Complete post-lesson surveys • Share photos and success stories



STEP
4

Take Action

Teach 10 PHS lessons • Engage your community
Hold school-wide wellness initiatives



STEP
3

Make an Action Plan

Identify wellness goals based on assessment • Explore resources
Create a School Wellness Improvement Plan



STEP
2

Assess School Wellness Culture

Complete Healthy School Action Tools and lunchroom assessment
Administer pre-program HBQ



STEP
1

Build Support

Identify a wellness champion • Form a school wellness team



PROJECT HEALTHY SCHOOLS

Five Steps to School Wellness