

Goal What do we want to accomplish?	Action Steps What activities need to happen?	Timeline Start dates	Measurement How is progress measured?	Lead Person	Stakeholders Who will be involved and/or impacted?	Complete?
1. Healthy options for school Celebrations and Rewards	<i>1a. Promotion and Marketing</i> <i>1b. Links/Tools for parents and staff on how to choose healthy choices</i> <i>1c. RBHS-Cafeteria to supply healthy lunch rewards with nutrition education card</i>	September 2018	-An increase in staff using Café Sparta to provide healthy options for their celebrations -Increase in Nonfood rewards	Marissa Stevens & Wellness Committee	RBJUHSD staff and students	
2. Taste Test to improve student satisfaction in meals and improve nutrition education	<i>2a. Surveys</i> <i>2b. Evaluate Student Response</i> <i>2c. Taste Test Conducted</i> <i>2d. Menu adjusted to reflect results</i>	January 2017	-Surveys -Increase in meal participation	Marissa Stevens & Wellness Committee	RBJUHSD staff and students	
3. 5k fun run to get students and community members together to increase wellness	<i>3a. Registration Packets</i> <i>3b. Course Approval</i> <i>3c. Marketing and Promotion</i> <i>3d. T-Shirt and Snack or racers</i> <i>3e. Info provided about wellness</i>	October 2018	-Feedback from community -Participation Baseline. Potentially carry on each year.	Wellness Committee	-Red Bluff Community -RBJUHSD staff and students	
4. New Year's Resolution Step Challenge for employee wellness and student wellness	4a. 12 week step challenge for those who would like more exercise for the new year's resolution 4b. Step Counter Sheet 4c. Prize for those that win the challenge	October 2018	-Participation -Satisfaction Survey from students and staff	Wellness Committee	RBJUHSD staff and students	