

Name \_\_\_\_\_ School \_\_\_\_\_

## Nutrition and Physical Activity Action Plan

After identifying Individual, Classroom & School *Levels of Implementation* related to nutrition & physical education at your site write a “next step” for each of the domains.

←←SCHOOL/COMMUNITY ←←OTHER CLASSROOMS ←←MY CLASSROOM←←INDIVIDUAL

For my personal health I will

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In my own classroom I will

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To influence other classrooms I will

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To influence the school community I will

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