

## Plan for Improvement: Choosing an Action

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### Planning Questions

1. Look back at the scores you assigned to the questions in each module. According to these scores, what are the strengths and weaknesses of your school's student health environment?

2. For each weakness identified above, list several recommended actions to improve the school's scores. For example:

- Change the focus of your student group to include school policy as part of your mission
- Create and maintain a school health committee
- Participate in creation of School Wellness Policies (all schools must have a Wellness Committee that creates different health policies for the school, so find out about your school's committee)
- Change the physical education course options
- Work with your school to increase the time required for PE
- Work to change the after-school policies in your school to offer physical activity or nutrition programs to the students.
- Set guidelines for vending machines or a la carte lines
- Create policies or guidelines to offer healthy fundraisers or class parties
- Create policies to allow annual student input on health education topics

**Note: Please see the Resource CD for other great ideas.**

3. List each of the actions identified in planning question 2 on the table below. Use the five-point scale defined below to rank each action on five dimensions (importance, cost, time, commitment, and feasibility). Add the points for each action to get the total points and use the total to help you choose one, two, or three top-priority actions that you will begin to implement this year.

**Importance:** How important is the action to my school?

5= Very important                      3= Moderate                      1= Not important

**Cost:** How expensive would it be to plan and implement the action?

5= Not expensive                      3= Moderately expensive                      1= Very expensive

**Time:** How much time and effort would it take to implement the action?

5= Little or no time and effort                      3= Moderate time and effort                      1= Very great time and effort

**Commitment:** How enthusiastic would the school community be about implementing the action?

5= Very enthusiastic                      3= Moderately enthusiastic                      1= Not enthusiastic

**Feasibility:** How difficult would it be to complete the action?

5= Not difficult                      3= Moderately difficult                      1= Very difficult

**Total Points:** Add the number of points for each specific action and enter the total score.

**Rank:** Based on the total points of each action, assign a number rank for each action with the number 1 having the highest total point score.

Module Actions	Importance	Cost	Time	Commitment	Feasibility	Total Points	Rank

4. List the three highest scoring actions from the chart above.

a. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

b. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

c. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_