



# NCHBHS Staff Wellness ACTION PLAN (SWAP)

## Section 1: Identifying the Team

Program Year:

Name of Program:

Team Members:

## Section 2: Collecting Data About Our Program's Wellness Interests and Needs

Data Source	Information	Areas We Want to Address



## Section 3: Creating Our Staff Wellness Goals

Goal 1

### SMARTIE Objectives and Outcomes

**Reminder:** SMARTIE stands for Specific, Measurable, Actionable, Realistic, Time-bound, Inclusive, and Equitable

Objective	Desired Outcome

## Section 4: Putting Our Ideas into Action

Action Steps	Lead Person	Partners or Others Who Can Support This Step	Resources Needed	Timeline

### Progress Notes:



## Section 3: Creating Our Staff Wellness Goals

### Goal 2

#### SMARTIE Objectives and Outcomes

**Reminder:** SMARTIE stands for Specific, Measurable, Actionable, Realistic, Time-bound, Inclusive, and Equitable

Objective	Desired Outcome

## Section 4: Putting Our Ideas into Action

Action Steps	Lead Person	Partners or Others Who Can Support This Step	Resources Needed	Timeline

#### Progress Notes:



## Section 3: Creating Our Staff Wellness Goals

<b>Goal 3</b>	
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### SMARTIE Objectives and Outcomes

**Reminder:** SMARTIE stands for Specific, Measurable, Actionable, Realistic, Time-bound, Inclusive, and Equitable

Objective	Desired Outcome

## Section 4: Putting Our Ideas into Action

Action Steps	Lead Person	Partners or Others Who Can Support This Step	Resources Needed	Timeline

**Progress Notes:**



## Section 3 Creating Our Staff Wellness Goals:

### Goal 4

#### SMARTIE Objectives and Outcomes

**Reminder:** SMARTIE stands for Specific, Measurable, Actionable, Realistic, Time-bound, Inclusive, and Equitable

Objective	Desired Outcome

## Section 4: Putting Our Ideas into Action

Action Steps	Lead Person	Partners or Others Who Can Support This Step	Resources Needed	Timeline

#### Progress Notes:



## Section 3: Creating Our Staff Wellness Goals

### Goal 5

#### SMARTIE Objectives and Outcomes

**Reminder:** SMARTIE stands for Specific, Measurable, Actionable, Realistic, Time-bound, Inclusive, and Equitable

Objective	Desired Outcome

## Section 4: Putting Our Ideas into Action

Action Steps	Lead Person	Partners or Others Who Can Support This Step	Resources Needed	Timeline

#### Progress Notes:

