



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



National Center on

Health, Behavioral Health, and Safety

Section 3: Crea	ating Our Staff	Wellness	Goals		
Goal 1					
SMARTIE Objectives	and Outcomes		Reminder: SMARTII Realistic, Time-bou	E stands for Specific, Meas nd, Inclusive, and Equitab	surable, Actionable, le
Objective		Desired Out	come		
Section 4: Putti	ng Our Ideas int	o Action			
Action Steps	Lead Person		ers or Others Who Support This Step	Resources Needed	Timeline
Progress Notes:					

Section 3: Crea	ting Our Staff W	ellness Goals		
Goal 2				
SMARTIE Objectives	and Outcomes	Reminder: SMARTII Realistic, Time-bou	E stands for Specific, Meas nd, Inclusive, and Equitab	surable, Actionable, le
Objective	Į.	Desired Outcome		
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Action Steps	ng Our Ideas into A	Partners or Others Who	Resources Needed	Timeline
		Can Support This Step		
Progress Notes:				

Section 3: Creating Our Staff Wellness Goals

Goal 3	

SMARTIE Objectives and Outcomes

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

Section 4: Putting Our Ideas into Action

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

Progress Notes:		
and Head		

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
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Progress Notes:		
and Head		

Section 3: Crea	ating Our Staff	Wellnes	s Goals		
Goal 5					
SMARTIE Objectives	s and Outcomes		Reminder: SMARTIE Realistic, Time-bou	E stands for Specific, Meas nd, Inclusive, and Equitab	surable, Actionable, le
Objective		Desired O	utcome		
	ing Our Ideas int				l
Action Steps	Lead Person		tners or Others Who Support This Step	Resources Needed	Timeline
Progress Notes:					