

Sample Goals and Objectives for Supporting a Culture of Wellness

| Goal | Objectives | Person Responsible | Target Date | Status | Measure |
|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|--------------------|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| By 1 st Quarter Fiscal Year (FY) 2011, at least 80 percent of employees state that our facility supports a culture of wellness | Implement stair well project | Bob Smith | 3 rd Qtr FY 10 | Recreation Therapy to arrange mural painting project with Veterans; approved by Facility Management Service (FMS), Safety, and hospital leadership | Annual employee wellness survey |
| | Send weekly wellness email tips | Sue Davis | 2 nd Qtr FY 10 | Dietetic Interns and Public Health students developing email tips | |
| | Establish weekly sneaker days | Jane Doe | 1 st Qtr FY 10 | Memo completed, awaiting director's signature and dissemination to all staff | |
| | Post fit fact point-of-decision signs throughout facility | John Brown | 3 rd Qtr FY 10 | Working with FMS and Interior Design to obtain sign holders and determine location for posting | |
| | Market the healthy choice meals and vending choices to staff | Mike Walker | 1 st Qtr FY 10 | Marketing materials obtained from Veterans Canteen Service (VCS). Plan to distribute at Health Benefits Fair in November, post signs, and email broadcast | |

