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Step 1: Using the grey row below, circle or note your organization's interest and capacity for each of the program components

	Target Area	Available Funds	Program level (Policy, education, activity)	Coordinator Plan Time	Employee Participation	Desired Program Run Length	Resources
Note your organization's interest/capacity	 		  	  			

Step 2: Assign the seven programs on a scale of 1 (not at all interested) to 3 (very interested) in the grey column

Program Name	Target Area	Cost	Program level (Policy, education, activity)	Coordinator Plan Time	Employee Participation	Length	Resources Needed	Interest and Notes
Step Ahead	 	Free*	  	 	>2 hours/week	24 months	Program champion, employee advisory board, internet access	1 2 3
Treatwell 5-A-Day		Free*	  	  	<1 hour/week	20 months	Program coordinator, employee advisory board, worksite coordinator	1 2 3
<i>Workwell:</i> 10-minute Challenge	 	Free*	 		<1 hour/week	8 weeks	Program coordinator	1 2 3
<i>Workwell:</i> Smart Fuel		Free*	 		< 1 hour/week	10 weeks	Program coordinator	1 2 3
<i>Workwell:</i> Solving the Puzzle of Moving More	 	Free*			<1 hour/week	5 weeks	Program coordinator	1 2 3
<i>Workwell:</i> Fruit and Veggies Challenge		Free*			<1 hour/week	1 month	Program coordinator	1 2 3
<i>Workwell:</i> Scavenger Hunt		Free*			<1 hour/week	1 month	Program coordinator	1 2 3

*While the program guidance materials are free, suggested start up costs are provided in the program description in the toolkit.

