



Nutrition and Physical Activity Action Plan and Goals

Program/Provider: _____

Date: _____

Required for Level 1

Upload your completed self-assessment and action plans for both **Nutrition** and **Physical Activity**.

Which self-assessment did your program complete?

- Healthy Kids, Healthy Future
- Nutrition and Physical Activity Self-Assessment for Child Care (NAPSACC)

Nutrition Action Plan - Based upon the results of your **Nutrition** self-assessment, list at least one area identified as needing improvement and the process you plan to take to address that area: (1,450 character limit)

Physical Activity Action Plan - Based upon the results of your **Physical Activity** self-assessment, list at least one area identified as needing improvement and the process you plan to take to address that area: (1,650 character limit)

Required for Level 2

Identify one **Physical Activity** goal from the action plan completed for Level 1: (450 character limit)

Describe the steps you will take to implement the above goal and when you plan to have the goal completed:

(1,350 character limit)

Required for Level 3

Identify one additional area of improvement from completed **Physical Activity** self-assessment and what process you plan to take to address that area: (1,100 character limit)

Identify one additional **Physical Activity** goal from the above area of improvement: (450 character limit)

Describe the steps you will take to implement the above goal and when you plan to have the goals completed:

(1,550 character limit)

Required for Level 3

*If your center, preschool or school-age program is exempt from CACFP, you will need to create two **Nutrition** goals for Level 3.

Identify two additional areas of improvement from completed **Nutrition** self-assessment and the process you plan to take to address that area: (900 character limit, each section)

Identify two **Nutrition** goals from the above areas of improvement: (1,100 character limit)

Describe the steps you will take to implement the above goals and when you plan to have the goal completed: (2,250 character limit)

Required for Level 4

Identify one additional area of improvement from completed **Nutrition** self-assessment and what process you plan to take to address that area: (1,450 character limit)

Identify one **Nutrition** goal from the area of improvement above: (550 character limit)

Describe the steps you will take to implement the above goal and when you plan to have the goal completed:
(3,600 character limit)

Required for Level 4

Identify one additional area of improvement from completed **Physical Activity** self-assessment and what process you plan to take to address that area: (1,450 character limit)

Identify one **Physical Activity** goal from the area of improvement above: (550 character limit)

Describe the steps you will take to implement the above goal and when you plan to have the goal completed:
(3,600 character limit)

Required for Level 5

Identify one additional area of improvement from completed **Nutrition** self-assessment and what process you plan to take to address that area: (1,450 character limit)

Identify one **Nutrition** goal from the area of improvement above: (550 character limit)

Describe the steps you will take to implement the above goal and when you plan to have the goal completed:
(3,500 character limit)

Required for Level 5

Identify one additional area of improvement from completed **Physical Activity** self-assessment and what process you plan to take to address that area: (1,450 character limit)

Identify one **Physical Activity** goal from the area of improvement above: (550 character limit)

Describe the steps you will take to implement the above goal and when you plan to have the goal completed: (3,600 character limit)