

Workforce health goal-setting worksheet

Clear goals can help you determine what you'd like to accomplish with your program – and keep you and your employees on track. Improve your chances of success by choosing goals that are SMART: Specific, Measurable, Attainable, Realistic, and Timely.

Using the results of your Worksite Health Survey, get started by entering your goals below. Then revisit this worksheet at the end of your program to evaluate your progress, celebrate your success, and choose priorities for next year's program.

Set and measure your goals

	Desired result (set preprogram)	Actual result (post-program evaluation)
Goal 1		
Goal 2		
Goal 3		
Goal 4		

Choose the right goals for your business

Make sure your goals are realistic and attainable. That will make tracking them more fun – and it'll encourage your employees to continue their efforts. Here are a few ideas:

- Use campaigns that encourage your employees to take a Total Health Assessment or participate in healthy lifestyle programs.
- Increase the percentage of employees who complete a Total Health Assessment from one year to the next.
- Incorporate a tobacco-free campus policy at the worksite within one year.
- Incorporate healthy snack options into your vending machines within three months.
- Serve healthy foods at your company meetings and events.
- Establish a weekly lunchtime walking program.