								Tax	EUNE																				_
ng Menhos Sames	Mitgell Ceoper, Elman Dooki, Camille Callando Russell, Closell Edison																												_
periadion Name:	CELLE ROCKE																												
wind Name	Sver Zija a Basi																												_
ard Date	November 2001																												_
End Carles	December 2003																												_
	To reduce the risk of developing heart disease arrows adults (20-20) below to Lane Basels, CA.																												-
helped Goals																													_
hajnii Olijniike 1:	By Secondary 2022, 20% of the participants oil reduce that body fal content by 3%.																												
mini Objedine 1:	By December 2022, recent and relate at least 5 multi-velocie, transition age youth (TSF) interes from 16 to 25 years old, and train them in Confirmational Pleasan education and prevention skills.																												_
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	Week																												
		Number 2012 Sander 2013 Sand																											
Astrony	Deliverable .	November 2011 (1	Deciseber 2021 (2	liamuary 2022 (I	10 february 2022	2 (III) March 2022 (10 April 2002 HJ	May 2022 (f) June 2022 (6 July 2022 FM	August 2002 (10)	September 2022 (33) October 20	22 (3.2) November 2022	(13) December	ar 2022 (M)															
ijniter D				1			-		-																				$\overline{}$
water Power patrict about how to track biometric measurements.	Souther the continuous with body to body their biometric measurements to body their health	x		1			_		_			х .			1				_		-	\neg	-		-		_		$\overline{}$
Sed Barrelia Measurements	Collection biometric managements of feeting, wealth, SEAL and recting head rate from participants	x		_			-		_	-			_		_				_		-		-			-	_		+
r and Prod lend for Nobelius and Revine Block	Collecting biometric measurements of beight, weight, Bliff, and reding heart side from participants. Collecting and creating a per-tirst before the workshop and a post-test after the workshop will allow for evaluation to more for participants ability to develop retiges using whole book based on the workshop content.		×	_	_		_		_	_			_	×	_	_			_			_	_				_		-
rate Precentation about food labels, portion sizes and implementing into a recipe book	This activity will admits program patinipants of low in read a final label, benefits of food portion store in acute in causing step by step processes. For a recipe book.	_	x	_	_	_	_		_	-		_					_	_	_	_		_	-		_	-	_	-	+
gram endustor will collect and provide pre- and post-tests:	to acting the continue program paragrams on the or many actions a continue or many actions on the continue of	_	1 -	-		_	_		_	-			_	×	+			-	_	-	-	_					_		+
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ate and Present a Online & to person sention	This centure and in person seminar will consoil of a 1 hour session loss thing participants, about different fixed groups, exhibits fallets, and whole bond options.	_	+	+	- 2		_	Y		_	Y	Y	_	-	-	-	-	-	+	-	-		-				+		+
a tracking cheet to monitor porticipants' broadedge gots every X weeks until program completion	bling a loading theel, this will allow for the peopless evaluator to determine and monitor if participants' food choices loated on US PUS's Myfiller goods	-	-	-	+	- 1	_	_	- 1	_	_	- 1	_		+	-		_	+		_	_	-		_	_	+		-
ter and cicles? pre- and post-test at the beginning and end of the workshop		_	_	_	_	_	_		_			_	_	_				_	_	_	_	_			_		_		-
tin mulcilian Fournthials ting mortural multim for participants and part first for mulcilian class.	No activity will educate participants on servinos motificion tapois including mouroundrismis, fued blacks, portion store, and what hands. Marther on salters are in across, control with restores and entiresting mouroundrisms. If the profession will not a control of the profession will not be exercised and will assort the restored by the profession will not be exercised and will assort the broad-risk to be included.	X X	_				_		_						-		_	_	-				_				_		-
elig workout routine for participants.																													
	The pre- and good lend will allow the pringram evaluation in compare participants," multition knowledge, participants invokedge increased after the multition course.	x					_												_								_		
e II week tracking sheet to monitor changes in participant's diets	Dong a bitaking therd will allow the program readurable to determine if participants are implementing the nutrition content that they bear and in class in their wave dels. Dong a bracking therd will allow the program readurable to determine if participants are actively following through with their exercise classes.		x		x		X	X		- 3	x								_										
r a tracking cheet to monitor participants' exercise levels every II weeks until program completion	Ding a liading there will allow the program evaluator to determine if participants are actively following through with their exensive classes.		x		x		X	X		- 3	x			x															
exte a healthy attennative ingredient recipe book to guide porticipants' most plans.				X																									
re and post-test comparing participants' knowledge on healthy alternative ingredients.	The per and post-less will allow the program evaluator to determine if porticipants are entoring nutrition broadening point from using the program's entire broad.	x					-							x													-		τ
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Spring II.																													T
teate to dang steet (e.g. Early to took around extratment of SST indexes	The program evaluation will be able to task the 15 excusted intens on their collaboration on data collection, educational stats, public speaking, and signature gatherings.	X	x						-				\neg						-								$\overline{}$		T
or Learning Management System (UMS) to loads annual bisining on interes.	Doing CMI will avoid the program evaluator to encognize how engaged TSF bitms, are in the program by binking their Losning and overall engagement.	×	×	×		\neg	-		_				\neg						_			$\overline{}$	-				_		-
				×	×	×	- 1	x x					$\overline{}$			-			-		\neg	$\overline{}$	-				-		$\overline{}$
Mera bit of community events SIX interes can attend	Day (said of where participants are going to intering, and entailed in Participants are benefited in the 15th orbits.	Y .	1				_		_				$\overline{}$		_	-			_				-				_		_
dablob has many 50 releva are recruited and trained	Ty is stated the 20 observe with voluntime hours or a intifficult to they can further teach program participants.						_		_			_	$\overline{}$	_	_	_	_	_	_	_	_	_	_	_	_		_		_
elreck TRF intens, on their boundedge regarding CVD	Too CVEx quickfully bring insended and studied, lenging TEV introv. Informed about new instances, proposed Medyle charges, and more will help them before once the program participants.		-			-	_				-			Y				_	_	_	_	_	-		_		_		+
to electrica of the politicants that discuss to province and contract	Statistical and invasional transfer below to the party of			_	1		_		_	_		_		v	+				_								_		+
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ogram. Director and Coordinator will overview presentations and accigoments that will be given to the postolyants, and participant check too to check for health behavior shanges that can be reflected by SP or charge in SMI.	Make care the information bring presented will properly reflect the goal of our health promotion program. Make modifications to interventions if probable change is not delevited or participants are not able in goay the content of the presentations from the program.		_		_	_	_		_			_	_	_	-	-		_	_		_	_	-				_	_	+
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