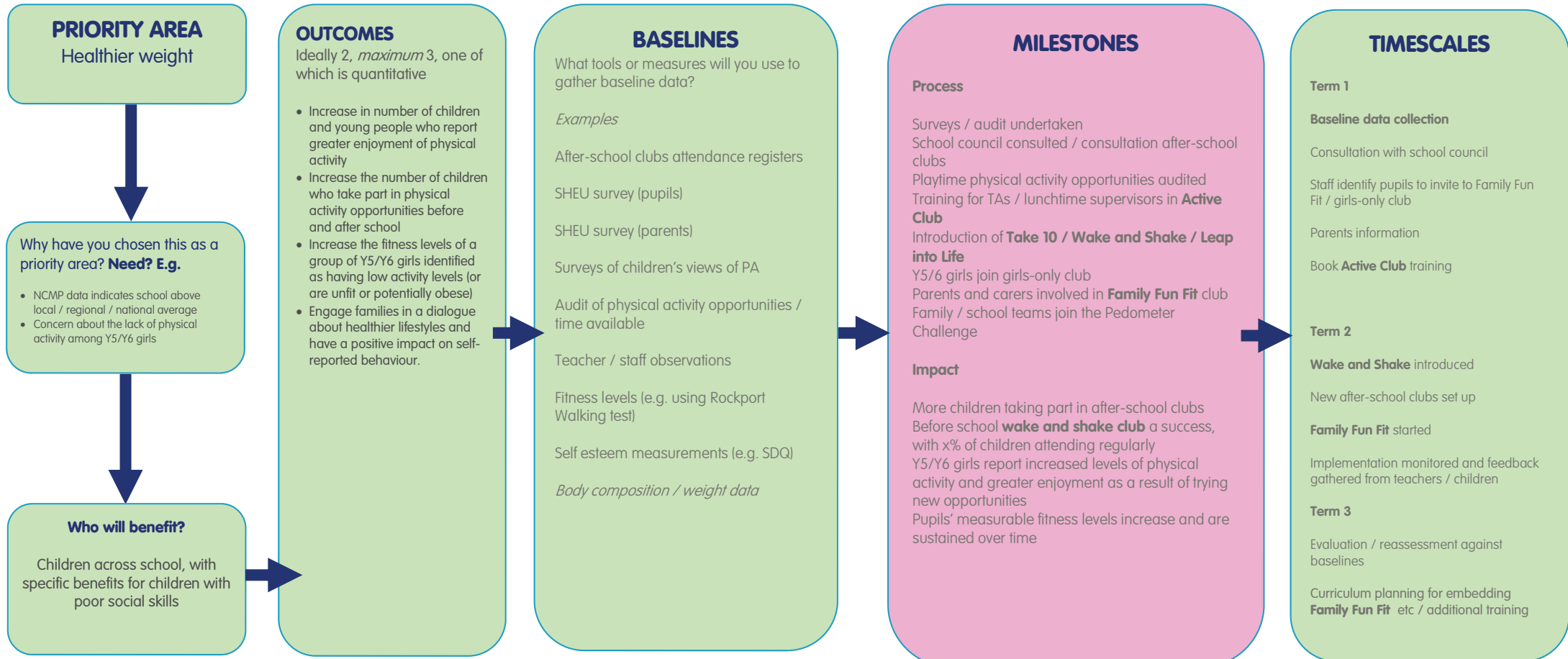


Example outline action plan for using FIT as a Healthy Schools Plus project

PLANNED ACTIVITIES: These will be decided **after you have identified a need** (and possibly your outcomes). Add more detail overleaf about your activities if necessary.
School sets up a Families in it Together (FIT) group for children and families to look at healthier lifestyles.



NB: Example only You'll need to determine your own needs and outcomes before creating your own action plan.

What will success look like? How will you know you have made a difference?

FIT club a success with children, parents and carers alike. Target families involved and engaged in group. Improvements in self-reported behaviours e.g. more family activity, trying new things, healthier eating, families eating together more, improved knowledge and understanding, children fitter (based on baseline measurements and improvements in weight and body composition for underweight / overweight children. Improvements in self-esteem etc.