

## Sample Goals and Objectives for Supporting a Culture of Wellness

Goal	Objectives	Person	Target	Status	Measure
		Responsible	Date		
By 1 <sup>st</sup> Quarter Fiscal Year (FY) 2011, at least 80 percent of employees state that our facility supports a culture of wellness	Implement stair well project	Bob Smith	3 <sup>rd</sup> Qtr FY 10	Recreation Therapy to arrange mural painting project with Veterans; approved by Facility Management Service (FMS), Safety, and hospital leadership	Annual employee wellness survey
	Send weekly wellness email tips	Sue Davis	2 <sup>nd</sup> Qtr FY 10	Dietetic Interns and Public Health students developing email tips	
	Establish weekly sneaker days	Jane Doe	1 <sup>st</sup> Qtr FY 10	Memo completed, awaiting director's signature and dissemination to all staff	
	Post fit fact point-of- decision signs throughout facility	John Brown	3 <sup>rd</sup> Qtr FY 10	Working with FMS and Interior Design to obtain sign holders and determine location for posting	
	Market the healthy choice meals and vending choices to staff	Mike Walker	1 <sup>st</sup> Qtr FY 10	Marketing materials obtained from Veterans Canteen Service (VCS). Plan to distribute at Health Benefits Fair in November, post signs, and email broadcast	



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VA/VHA Employee Health Promotion Disease Prevention Guidebook, July 2011