



Plan of Work Plan de Trabajo

Officer/Chairman Name:
(Nombre de Oficial/Presidente de Junta) _____

Position: Healthy Lifestyles Chair **Year:** _____
(Posición) (Año)

*Reproduce as needed for the appropriate number of goals.
(Se puede reproducir para metas adicionales.)*

Responsibilities / Duties: (Responsabilidades)	Assist with dissemination of Healthy Lifestyles information	Committee Members: (Miembros del Comité)	School PE teacher, nurse, principal, Kindergarten parent, 5th Grade parent
Goal: (Meta)	Help empower families to follow and practice behaviors that are aligned with healthy lifestyles.	Evaluation Process: (Proceso de Evaluación)	Feedback of president, board members, staff, parents, and students

Specific Action Steps (Proceso Especifico de Acción)	Start Date (Fecha de Empezio)	Completion Date (Fecha de Terminación)	Budget (Presupuesto)
Include a wellness tip in each newsletter (e.g., ideas for healthy classroom celebrations or ways a family can be active on school breaks)	September	May	
Assist in lunch time nutrition education support (e.g., provide stickers to students who drink their milk or eat their vegetables, create marketing materials)	September	May	\$50
Share success stories on social media or newsletters	September	May	
Meet with key school district personnel and/or school board members to develop a relationship and share health-related developments	September	As needed	

Resources: (Recursos)	Texas PTA Resource Guide and website, National PTA website
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