

BE ACTIVE KIDS®

Action Plan

BAK's 10 Components To a Healthy Environment

1. Understand the importance of physical activity, movement, skill development and play
2. Assess for a healthy environment
3. Set goals and create an action plan related to physical activity
4. Integrate physical activity into planning routines
5. Alter policies related to physical activity
6. Incorporate staff wellness including physical activity
7. Provide parent education related to physical activity and play
8. Alter indoor and outdoor environments that enhance physical activity and active play
9. Choose and use physical activity equipment appropriately
10. Sustain an active and healthy environment

Goal	What I will do to reach my goal?	What I need to achieve my goal? (Equipment, materials, etc.)	Who I need to achieve my goal? (Director, coworkers, families, etc.)	How I'll know when I've reached my goal?

Check out Be Active Kids' website www.beactivekids.org for materials and resources to help you achieve your goal!