



## Building a Healthier Community

As you participate in training, please document activities and/or practices that you are doing, can do, or will do based on the definitions below.

<b>AM DOING</b>	<b>CAN DO</b>	<b>WILL DO</b>
List things that you are already doing that correlate with worksite wellness.	Identify new things that you can begin doing immediately.	Identify things that you would like to incorporate but require more time and planning.