

Goal 1 Intervention Worksheet

Intervention Name: Sports League - Softball	
Goal (From WWAP)	Support employees in getting the recommended amount of physical activity.
Objectives (From WWAP)	By June 1, 2018, 50% of employees will regularly engage in at least 30 minutes of physical activity 5 days a week.
Type of Intervention	Behavior Change
Why are you doing this? (What is the problem this intervention addresses and data that identifies the problem)	We chose a softball league because a sports league was their first interest. Additionally 60% of MA adults are overweight or obese and 48% do not get the recommended amount of exercise.
Who is this for? (Target population from WWAP)	Inactive XYZ Employees
What is it? (High level program description)	Softball league with local businesses in Worcester
When will you implement it? (Timeline)	Spring, summer, early fall
What results do you expect? (Expected Outcomes/Benefits/ Measure of Success)	An increase in physical activity amongst employees, enhanced social interaction and teamwork, and collaboration
How will you evaluate it? (Tracking Process/Techniques)	Participation and satisfaction
Total Intervention Budget	\$2300
Clearance/consent requirements	Health and safety will provide PAR-Q form. PAR-Q (Physical Activity Readiness Questionnaire) form is a self-administered questionnaire that contains seven yes or no questions focused on symptoms of heart disease and bone or joint problems. If an individual answers "Yes" to one or more of the questions, it is recommended that s/he consult a physician before engaging in physical activity to determine the most suitable fitness activities
Incentives What type, criteria to earn	Team sports league will have a championship team and trophy. Employees are interested in team sports.
Program Maintenance	This will be an ongoing seasonal league



Intervention Project Plan – Sports League, Coach and Team

Task Name	Who	By When	Evaluation Measures/measures of success (process, short-term and intermediate outcomes)	Line Item Budget Materials, staff time, incentives, in-kind, other costs	Communications Recruitment Ongoing
1. Community research	Wellness Champion Donna	January 15	Identify existing league	Time	Communications with local league
2. Find a volunteer coach	Wellness Committee Kevin	February 1	Coach in place	Time	Recruitment of coach among employees
3. Choose assistant coach	Coach	March 1	Assistant coach in place	Time	Recruitment of assistant coach among employees
4. Recruit players	Wellness Committee Member Steve	February	Player roster	Time	Employees contribute names
5. Logo design	Wellness Committee Member Lisa from Marketing	March	Logos for consideration	Internal designer time	Coach and players choose logo

	Communications				
6. Purchase hats and shirts	Wellness Committee Member Eric from Finance	March	Hats and Shirts received	Cost for hats and shirts with logo	Promotion of new shirts and hats for company team among employees
7. Ongoing communications	Wellness Champion Donna and Wellness Committee Member Lisa from Marketing Communications	When league is selected. When coach and assistant coach comes on board. When team is in place. When spring training starts and ends, when opening day is scheduled.	Internal vibe about team, ongoing participation	Time	John Zee, Wellness Sponsor announces milestones. Game day tweet updates and post game communication on company team page



Intervention Project Plan – Spring Training

Task Name	Who	By When	Evaluation Measures/measures of success (process, short-term and intermediate outcomes)	Line Item Budget Materials, staff time, incentives, in-kind, other costs	Communications Recruitment Ongoing
1. Identify Schedule	Coach	March 31	Schedule set	Time	Communications with league, assistant coach and players. Wellness Sponsor shares with employees.
2. Schedule fitness and sports nutrition professionals	Assistant coach	March 31	Fitness and Sports Registered Dietitians scheduled	Time and cost for Fitness and Sports RDs MA clearing house for Fitness and Nutrition	Communication with experts, coach and players. Share with employees.

				flyers, posters	
3. Identify space for fitness and nutrition training	Wellness Champion Donna	March 31	Space in place	Facilities Manager time,	Internal communications
4. Launch Spring training	Wellness Sponsor John and Coach	April 1	Participation	Time	Announcement from Wellness Sponsor and Wellness Committee Member Sports Team Lead
5. Spring training	Coach, assistant coach and team	April 1 – May 15	Participation	Time	Ongoing



Intervention Project Plan – Opening Day

Task Name	Who	By When	Evaluation Measures/measures of success (process, short-term and intermediate outcomes)	Line Item Budget Materials, staff time, incentives, in-kind, other costs	Communications Recruitment Ongoing
1. Pre opening and opening day communications	Wellness Champion, Donna and Lisa from marketing communications	April 15 – June 1	Identify existing league	Time Internal posters	Communications with local league, employees
2. Refreshments	Wellness Committee Member Jack	June 2	Product availability on game day	Bottled water, fresh fruit	Internal and with foodservice provider
3. Set up	Wellness Committee	June 2	Ready for game day	Refreshments, posters, audio set on game day	Internal and with coach
4. Opening day Event – Wellness	Wellness Committee, Wellness Sponsor	June 2	Attendance and participation	Time, posters, bottled water,	Sponsor kicks off event and throws first pitch

Sponsor John kicks off event and throws first pitch	John and Wellness Champion Donna			fresh fruit	
---	-------------------------------------	--	--	-------------	--