**HEALS Getting Started Self Assessment**

Select the description that best matches your program for each item below.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Strongly Disagree** | **Disagree** | **Neutral** | **Agree** | **Strongly Agree** |
| 1. We offer a variety of group fitness classes. |  |  |  |  |  |
| 1. Students have ample individual fitness activities. |  |  |  |  |  |
| 1. We offer mind/body or stress-reduction activities. |  |  |  |  |  |
| 1. We have organizing sports teams for male and female students. |  |  |  |  |  |
| 1. Students receive information on physical activity and nutrition during CPP. |  |  |  |  |  |
| 1. We offer plenty of healthy choices in the cafeteria AND we limit soda, desserts, and fried foods. |  |  |  |  |  |
| 1. We offer support for students who want to make behavior changes, including groups and individual counseling. |  |  |  |  |  |

Copy and paste any statement where you selected “strongly disagree” or “disagree” into the space below. Identify two concrete strategies you can employ to strengthen these program components.

Statement #1:

Solution #1:

Solution #2:

Statement #2:

Solution #1:

Solution #2:

Statement #3:

Solution #1:

Solution #2: