

# Health and Wellness Plan Template

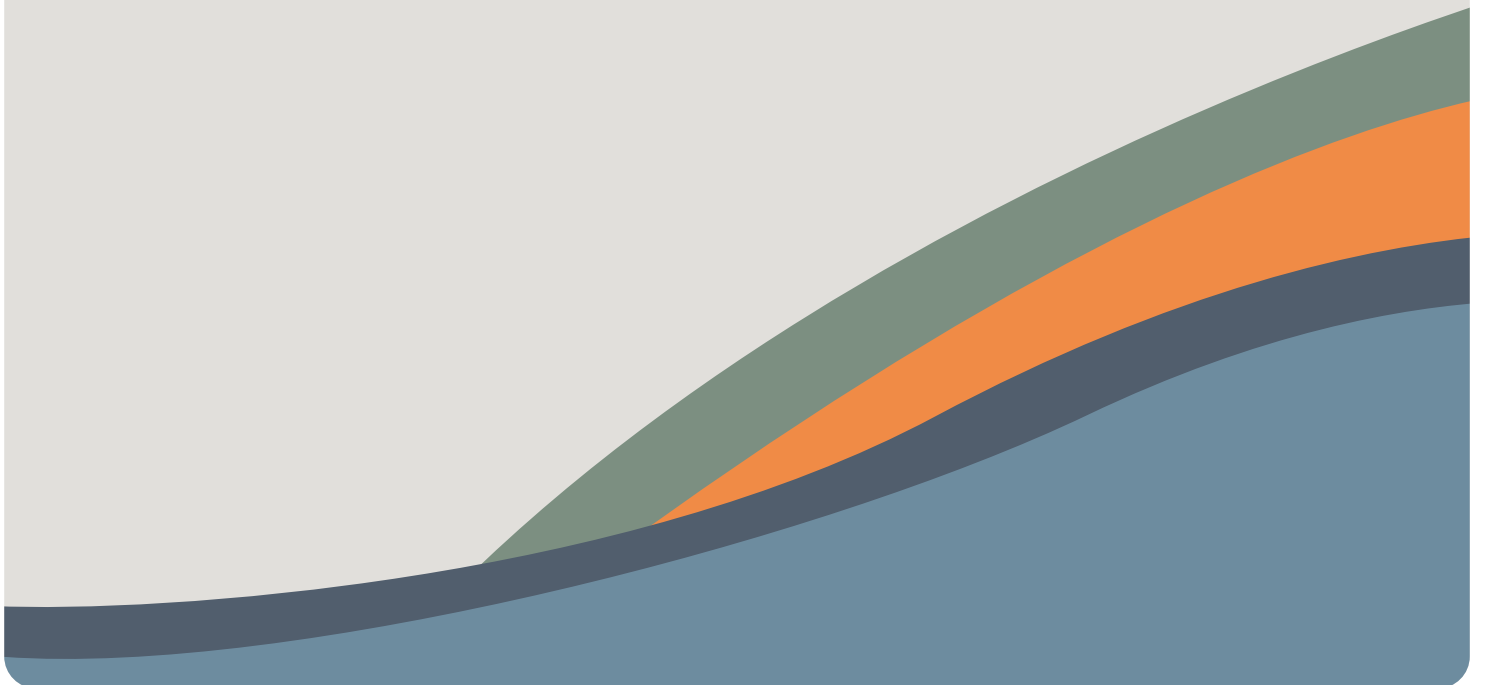
**This tool is intended to support the planning process.  
You may wish to use this template or use your own format.  
Required health and wellness plan content includes:**

- 1. Introduction**
- 2. Health and Wellness Vision**
- 3. Health and Wellness Context, Goals,  
Objectives and Initiatives**
- 4. Budget**
- 5. Health and Wellness Monitoring, Evaluation  
and Sharing Results**

If community-identified goals exceed the number in this template, please see addendum Goal/Objective/Initiative pages at <https://www.fnha.ca/WellnessSite/WellnessDocuments/FNHA-Health-and-Wellness-Plan-Template-Extra.pdf>.

For sample contents, ideas and tips for each section, please see *Health and Wellness Planning: A Toolkit for BC First Nations* (p. 68-87) or contact the FNHA at [community.development@fnha.ca](mailto:community.development@fnha.ca).

# Health and Wellness Plan



## Introduction

## Health and Wellness Vision

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# Health and Wellness Context, Goals, Objectives and Initiatives

**Goal 1**

**CONTEXT**

**GOAL 1 OBJECTIVES**

**GOAL 1 INITIATIVES**

**Initiative 1**

**Initiative 2**

**Initiative 3**

**Goal 2**

**CONTEXT**

**GOAL 2 OBJECTIVES**

**GOAL 2 INITIATIVES**

**Initiative 1**

**Initiative 2**

**Initiative 3**



**Goal 3**

**CONTEXT**

**GOAL 3 OBJECTIVES**

**GOAL 3 INITIATIVES**

**Initiative 1**

**Initiative 2**

**Initiative 3**

**Goal 4**

**CONTEXT**

**GOAL 4 OBJECTIVES**

**GOAL 4 INITIATIVES**

**Initiative 1**

**Initiative 2**

**Initiative 3**

## **Budget**

## **Health and Wellness Monitoring, Evaluation and Sharing Results**

## Additional content

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