

Faith, Activity, & Nutrition (FAN) Program Plan
Church Name:

Section 3: Have Opportunities for Everyone		Modifications to Plan
3.1. PA Plan 1:		
3.1. PA Plan 2:		
3.2. Healthy Eating Plan 1:		
3.2. Healthy Eating Plan 2:		
3.3. PA Program 1:		
3.3. PA Program 2:		

Section 4: Choose Relevant and Enjoyable Activities		Modifications to Plan
Idea 1:		
Idea 2:		
Idea 3:		

Section 5a: Provide Information and Materials for Everyone		Modifications to Plan
5.1. Core activity 1:	Pass out bulletin inserts (or include information in bulletins) about physical activity and healthy eating to the whole church (the FAN program will provide)	
5.1. Core activity 2:	Share Health Moments with physical activity and healthy eating messages with the whole church (the FAN program will provide)	

5.1. Core activity 3:	Pass out handouts (e.g., brochures, flyers) about healthy eating and physical activity (the FAN program will provide) to the whole church	
5.1. Core activity 4:	Create a bulletin board with information about physical activity and healthy eating and about opportunities to be active and eat well for the whole church to see	
5.1. Other activity:		
5.1. Other activity:		

Section 5b: Help Your Pastor Support the Program		Modifications to Plan
5.2. Core activity 1:	Make sure that Health Directors (or Champions) have time to talk about physical activity and healthy eating during worship services and church meetings	
5.2. Core activity 2:	Provide messages and information about physical activity and healthy eating that Pastors can talk about from the pulpit (the FAN program will provide messages)	
5.2. Core activity 3:	Give your Pastor (and Pastor's spouse) a pedometer and encourage him/her to wear it to be a role model	
5.2. Core activity 4:	Suggest guidelines and practices that the Pastor can put in place at church to support physical activity and healthy eating (e.g., healthy foods must be available at every church function that has meals or snacks; physical activity breaks must be built into every meeting lasting 60 minutes or longer)	

5.2 Other activity:		
5.2 Other activity:		

Section 6: Make Sure your Church Has the Capacity for Health Promotion		Modifications to Plan
6.1. Status of Health Director:		
6.2. Physical Activity Champion:		
6.2. Healthy Eating Champion:		
6.3. Idea 1 to increase church capacity:		
6.3 Idea 2 to increase church capacity:		

Date of Kickoff event:	
FAN Coordinator:	
Committee Members:	

Budget:	
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