

Documenting Commit to Health- Program Schedule

Key Items to Include in Program Schedule

Snack Time

- Indicate snack time

Daily Physical Activity

- Activity name
- Put a star (*) next to the activity if it involves running, jumping, dancing, skipping, rolling, and hopping
- Length of activity
- Location of activity
- When you take brain breaks or do energizers

Family Engagement

- Indicate family nights
- Indicate if families should pick up any resources during pick-up time
- Indicate when families are welcome to join in activities

Items that might appear Program Materials (Manuals, Handbooks, Registration Materials, or Brochures)

Program Rules

- Activities take place outdoors (with specific parameters)
- Availability of free water at all times to staff and families
- Screen time limitations or elimination

Standard Program Operations

- Youth nutrition education
- Family nutrition education
- Overarching guidelines for physical activity time for all participants
- Overarching guidelines for snack and meals served

Example**ABC AFTERSCHOOL PROGRAM WEEKLY SCHEDULE**

January 1-5, 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK TIME 3:00-3:20	FRESH MIXED BERRIES LOW FAT MILK WATER	FRESH WATERMELON LOW FAT MILK WATER	SLICED PEACHES LOW FAT COTTAGE CHEESE WATER	FRESH PLUMS LOW FAT YOGURT WATER	SWEET POTATO MUFFINS LOW FAT MILK WATER
ACTIVITY 1 3:20-3:40	Toothpick Twirlers	Number Fortune Tellers	Straw Rockets	Frozen Strawberry Yogurt	Water Marbling
FITNESS ACTIVITY 3:40-4:10	Ships across the ocean* & Bridges and Tunnels*	Capture the Flag* & Ladder Challenge*	Splat* & What time is it, Mr. Fox?*	Tail Tag* & Burst Your Bubble*	Running Club*
ACTIVITY 2 4:10-4:30	Homework Help	Homework Help Brain Boost Activity Break (10 min)	Homework Help	Homework Help Brain Boost Activity (10 min)	Homework Help
NOTES	Pickup our Healthy Family Activity today!				Report on Healthy Family Activity and earn a star!

Each week activities will always include- STEAM, ART, ENVIORNMENT, and NUTRITION

*Fitness activities will involve running, jumping, dancing, skipping, rolling, and hopping (indicating moderate/vigorous activity), be inclusive of all participants, and take place outdoor whenever possible.