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| --- | --- | --- | --- |
| **Behavior**  | **What do we do now to support staff wellness in each of these areas?** | **What are some barriers to staff wellness in each of these areas?** | **What could we do to address these barriers?** |
| **Healthy foods and beverages**  |  |  |  |
| **Physical activity**  |  |  |  |
| **Healthy weight**  |  |  |  |
| **Breastfeeding**  |  |  |  |
| **Screen time**  |  |  |  |
| **Stress reduction** |  |  |  |

**Activity: Staff Wellness**