|  |  |  |  |
| --- | --- | --- | --- |
| **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**