

SAMPLE Planning Your Year

HEART CLUB GOALS:

Number of
Current Members:

35

Number of Members
by end of Year:

75

Goal for # of Club
Meetings:

1 per
month

Goal for # of Heart
Club Events:

4

KEY ACTIONS:

Add notes about what Key Dates you want to celebrate and Key Actions you will take with your members to build a healthier community.

OCT 10 - Mental Health Day, Our Heart Club will connect with the mental health club at our school to raise awareness and we will work together to share the sleep resources and promote building healthy sleep habits for the school year

JANUARY! We'll celebrate kicking off healthy habits for the new year and learn about nutrition and how it boosts brain power. We will collaborate with the Cooking Club at our school to do a cooking demo.

FEBRUARY! We'll celebrate Wear Red Day Feb 6 and get the entire school to wear red too. Our club will learn about blood pressure and spread awareness for knowing numbers and making healthy choices.

APRIL 1! We'll celebrate National Walking Day and get the entire school to Move More!

SAMPLE

Heart Club Pillar Activities

Add notes about your activities for the year and when you want to complete them.

LEADERSHIP:

OCTOBER

- All Heart Club Members sign up for Heart Powered
- Connect with our Grassroots Advocacy Manager at the Heart Association to learn more about the actions we can take to make our community safer and healthier.
- We will start the Advocacy BINGO Card!

WELL-BEING:

APRIL

- Get the entire school moving more on April 1 for National Walking Day.
- Need school administration approval
- Organize different activities that students can do as they walk around campus between classes and during lunch.

FUNDRAISING:

FEBRUARY

- Meet the School Engagement Director at the Heart Association this fall
- Work with school administration to sign up for American Heart Challenge.
- Lead One Week to Save a Life to raise donations and help more people learn Hands Only CPR during Heart Month!

IMPACT:

SEPTEMBER

We will sign up to volunteer at our Local Heart Walk and help with event set up.

DECEMBER

We will make cards for health care workers at local hospitals to spread gratitude to these heroes in our community.