

☞ Section 2: Building FAN into Existing Events - Your Church Calendar ☞

Faith-based health programs have found that the most successful activities – the ones that get people active and eating healthier – are those that reach **everyone** in the church (adults of all ages, men and women, and people of all ability levels).



One of the best ways to reach everyone is to add opportunities for physical activity and healthy eating into existing functions, or immediately before or after these functions. By adding these opportunities to ongoing events, people don't have to make special trips to attend. You are also likely to reach more people this way.



Identify regular (i.e., weekly or monthly) functions that take place at your church. This list can include any regular church event or ministry.

Examples: Men's Day, Women's Day, Men's Club, Married Couples and Single People's Ministry, Pulpit Aid Board meetings, YPD, Urban League or 4-H meetings, health fairs, etc.

Please list the event or ministry, how often it is held, when it is held, whether food is served, and whether a break is usually taken.

Event	How Often? (e.g., weekly)	When? (e.g., 6pm Tuesday)	Who attends? (e.g., only board members)	How many attend? (e.g., 15)	Is food served? (check if yes)	Are breaks taken? (check if yes)	Notes
Bible study					<input type="checkbox"/>	<input type="checkbox"/>	
Choir practice					<input type="checkbox"/>	<input type="checkbox"/>	
Worship service (breakfasts/dinner?)					<input type="checkbox"/>	<input type="checkbox"/>	
Sons of Allen meetings					<input type="checkbox"/>	<input type="checkbox"/>	
Women's Missionary Society meetings					<input type="checkbox"/>	<input type="checkbox"/>	

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Steward/ Stewardess meetings					<input type="checkbox"/>	<input type="checkbox"/>	
Trustee Board meetings					<input type="checkbox"/>	<input type="checkbox"/>	
Usher Board meetings					<input type="checkbox"/>	<input type="checkbox"/>	
Lay Organization meetings					<input type="checkbox"/>	<input type="checkbox"/>	
Sunday School Board meetings					<input type="checkbox"/>	<input type="checkbox"/>	
<i>Other ministries?</i> _____					<input type="checkbox"/>	<input type="checkbox"/>	
<i>Other ministries?</i> _____					<input type="checkbox"/>	<input type="checkbox"/>	
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