

Work Plan Year 1

Note that changes produced by BalancePoint dietary choices can happen quickly in individuals, so continual monitoring will be needed as well as continual adaptations to the program

Major Objectives	Key Tasks	Lead Person	S	O	N	D	J	F	M	A	M	J	J	A
							a		r		y	n	l	u
1. Produce data showing link between nutrition choices and physical & mental health	Upgrade Patagonia model with menus & compliance tools	Project Director	*	*	*			*		*		*		*
	Design research	Co-investigators	*	*	*									
	Testing of seniors & data collection	Co-investigators	*	*	*	*	*	*	*	*	*	*	*	*
2. Test compliance to new eating habits	Analyze medical tests of seniors	Co-investigators			*	*	*	*	*	*	*	*	*	*
	Adapt program as needed	Project Director			*	*	*	*	*	*	*	*	*	*
3. Train other meal sites in Keeping Eating Habits for Health program	Evaluate other sites					*	*					*	*	*
	Produce education materials	Education Materials Director			*	*	*							
	Train personnel including cooks	Education Materials Director						*	*					
	Inaugurate new site	Project Director							*	*				
4. Train seniors to make lifestyle changes to reduce meds & interventions	Talks and workshops	Education Materials Director		*	*	*	*	*		*	*	*	*	*

Work Plan Year 2

Note that changes produced by BalancePoint dietary choices can happen quickly in individuals, so continual monitoring will be needed as well as continual adaptations to the program

Major Objectives	Key Tasks	Lead Person	S	O	N	D	J	F	M	A	M	J	J	A
							a		r		y	n	l	u
1. Produce data showing link between nutrition choices and physical & mental health	Upgrade Keeping Eating Habits for Health model with menus & compliance tools	Project Director	*		*			*				*		*
	Design research	Co-investigators	*	*	*									
	Testing of seniors & data collection	Co-investigators	*	*	*	*	*	*	*	*	*	*	*	*
2. Test compliance to new eating habits	Analyze medical tests of seniors	Co-investigators	*	*	*	*	*	*	*	*	*	*	*	*
	Adapt program as needed	Project Director	*	*	*	*	*	*	*	*	*	*	*	*
3. Train other meal sites in Keeping Eating Habits for Health program	Evaluate other sites		*	*		*	*					*	*	*
	Produce education materials	Education Materials Director	*	*	*	*	*							
	Train personnel including cooks	Education Materials Director	*	*				*	*					
	Inaugurate new site	Project Director			*				*					
4. Train seniors to make lifestyle changes to reduce meds & interventions	Talks and workshops	Education Materials Director		*	*	*	*			*	*	*		*

Work Plan Year 3

Note that changes produced by BalancePoint dietary choices can happen quickly in individuals, so continual monitoring will be needed as well as continual adaptations to the program

Major Objectives	Key Tasks	Lead Person	S	O	N	D	J	F	M	A	M	J	J	A
							a		r		y	n	l	u
1. Produce data showing link between nutrition choices and physical & mental health	Upgrade Keeping Eating Habits for Health model with menus & compliance tools	Project Director	*	*	*						*	*	*	*
	Design research	Co-investigators	*	*	*								*	*
	Testing of seniors & data collection	Co-investigators	*	*	*	*	*	*	*	*				
2. Test compliance to new eating habits	Analyze medical tests of seniors	Co-investigators			*	*	*	*	*	*	*	*		
	Adapt program as needed	Project Director	*	*	*	*	*	*	*	*				
3. Train other meal sites in Keeping Eating Habits for Health program	Evaluate other sites		*	*										
	Produce education materials	Education Materials Director			*	*	*					*	*	*
	Train personnel including cooks	Education Materials Director	*	*	*									
	Inaugurate new sites (groups of sites)	Project Director	*		*									
4. Train seniors to make lifestyle changes to reduce meds & interventions	Talks and workshops	Education Materials Director		*	*	*	*	*						