

Programme name _____
group _____

Participant _____

| Activities | Participation | Short-term Outcomes Changes in how people THINK | Medium-term Outcomes Changes in what people DO | Long-term Outcomes Changes in what people HAVE |
|------------|---------------|---|--|--|
| | | <ul style="list-style-type: none"> ● Attitudes ● Knowledge <ul style="list-style-type: none"> ○ Education ○ Skills ○ Training ● Belief ● Capacity | <ul style="list-style-type: none"> ● Habits ● Achievements ● Policy changes | <ul style="list-style-type: none"> ● Physical health ● Mental health ● Wellbeing ● Relationships ● Financial wealth |