

## RECOMMENDATION TABLE

INSTRUCTIONS: Rate each recommendation, identified in the Worksite Wellness Assessment, based on the following: importance, cost, time and commitment. Rate each on a scale of 1-5 (low-high) using the chart below. Higher scores should indicate priority items to implement.

### IMPORTANCE

How important is the recommendation? 1 = Not at all important 3 = Somewhat important 5 = Very important

### COST

How expensive would it be to plan and implement? 1 = Very expensive 3 = Moderately expensive 5 = Not expensive

\* NOTE: You can get an idea of relative cost by looking at the strategies in Step 4, which are arranged by low, medium and high resource needs.

### TIME

How much time and effort would be needed to implement the recommendation? 1 = Extensive 3 = Moderate 5 = Low

### COMMITMENT

How enthusiastic would employees be about implementing the recommendation? 1 = Not at all 3 = Moderately 5 = Very enthusiastic

### IMPACT = REACH X DOSE

How many employees will likely be affected by this recommendation? 1 = Very few 3 = Some 5 = Most or all

Item #	Recommendations	Importance	Cost	Time	Commitment	Reach/Dose	Points/Ranking	Comments



