

Program: ITFIT Initiative Logic Model

Situation:

City of Trenton's under-resourced communities has limited leadership & data to display a foundation for community health & fitness metrics. As the city of Trenton implements its Comprehensive Master Plan, our initiative will be the spark in development health & fitness metrics. Thus, contributing to the cultivation of a health city.

Inputs	Outputs		Outcomes -- Impact		
	Activities	Participation	Short	Medium	Long
What we invest? 1) EBFIT Health & Fitness Professionals 2) Time 3) Fitness Equipment 4) Materials 5) Fitness App 6) Research Base 7) Training Facility Investment 8) Partners	What we do? 1) Injury Prevention 2) Rehab & Prehab 3) Group mobility classes 4) Nutritional Strategies 5) Health assessments and fitness testing 6) Progress tracking and monitoring 7) Educational workshops	Who we reach? 1) Decision-makers 2) Partnering organizations 3) Adolescent children 4) Athletes 5) Underprivileged communities 6) Professional Adults 7) Special populations	1) Increased Proprioception 2) Establishment of regular exercise routine 3) Enhanced motivation for physical activity 4) Development of realistic fitness goals	1) Improved physical fitness metrics 2) Enhanced self-efficacy 3) Increased strength and endurance 4) Better eating habits 5) Reduced health risks	1) Sustainable health behavior changes 2) Improved community health metrics 3) Increased community health awareness 4) Improved quality of life 5) Enhanced workplace productivity