## **Action Plan:**

<u>Inputs</u>	Activities		<u>Outcomes</u>		Goals
		Short-term	Intermediate	Long-term	
Equipment	Education and Trainings	To increase the knowledge of participants about the effects	To increase knowledge of CAM stress management	To decrease the	Reduce second cardiac events  To change the cardiac
Funding	Creating Curricula and Resources	of stress on cardiac health	strategies of participants	number of second cardiac events	rehab process to include out program
Supplies	Securing space for sessions	To decrease reported stress pre to post	To change attitudes of participants	To decrease the number of	
Materials	Meeting with participants	session	about benefits of CAM stress management strategies	hospital readmissions for cardiac recovery	
Partnerships	6 Sessions – A. Alternative Medical Systems		To increase participant		
Space	B. Mind/Body C. Biologically Based D. Manipulative and		consistent use of CAM stress management		
Technology	Body-Based E. Energy Based G. Review		strategies by 50%		
Staff	Accessing interventions in between sessions				
	Creating and accessing online sessions				
	Short-term outcome reports				
	Follow up with participants				
	Final Eval.				

Program Implementation   January   February   March   Ayer   May   June   July   August   Constant			Program Training			Program Hamming				Farm response and EV	allea mon	
Program implementation           1 Education Presentation for CMA Practitioners         Percentiation for CMA Practitioners           2 Presentation training for CMA Practitioners         Percentiation for CMA Practitioners           4 Secure Facility to date of deservers         Percentiation for the practice of deservers           5 Initial Meeting with Participants         Personal Practitioners           6 Session 1 - Alternative Medical Systems         Personal Practitioners           7 Session 2 - Mind/Body Inserver and Body Based Methods         Personal Practitioners           10 Session 3 - Body Based Methods         Personal Practitioners           11 Session 6 - Review, Resources, and Questione         Personal Practitions in between sessions           12 Accessible interventions in between session reports         Personal Practitions           14 Follow with participants         Personal Practitions           14 Follow with participants         Personal Practitions           14 Follow with participants         Personal Practitions           15 Finite deviations         Personal Practitions	NI CONTRACTOR	January	February	March	April	May	June	July	August	September	October	Novermber
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