



# FINISH WITH THE RIGHT STUFF



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## PROGRAM STEPS



Register for free at [Rightstuff.health.nsw.gov.au](https://Rightstuff.health.nsw.gov.au)

- 1** Download the *Program Overview* and *Program Timeline* to get a sense of what the program's about!
- 2** Download the *Program Brochure* to share with club staff or patrons to get them on-board with the program.
- 3** Look over the focus areas in the resource hub and choose which area(s) you want to focus on in your club this season.
- 4** Use the *Healthy Actions Checklist* to choose which actions you want to implement to make healthy changes in these areas.
- 5** Download the tools and resources under the area(s) you and your club want to focus on to action these changes.
- 6** During the season, if you feel like you've achieved everything you set out to, have a look at the other areas to see if there's any more changes you could make this season.
- 7** At the end of these season, fill out the short survey to let us know how you went and give us feedback on the resources and tools provided.