

Wellness Grant Application

Requestor's Email:

Requestor's Name:

Requestor's Phone Number:

Department:

Department Address:

Number of people to be impacted by the grant: Staff Faculty Others (i.e. student employees, interns)

Amount requested:

(Maximum request is \$500)

Provide a brief description (350 words or less) describing the wellness grant proposal and how it will be implemented within the department. Use the SIMple format:

- Specific: Establish objective-based milestones & metrics related to the proposal's impact.
- Important: Line up the goal of the proposal with University & team objectives.
- Meaningful: Set goals that will outline how the proposal will support staff/department wellness.

To strengthen your proposal, consider including information about communication plans, dates, locations, responsible person(s) for scheduling or coordinating group efforts, as well as intended outcomes.

Proposal

Propose an itemized budget. Items listed must directly relate to your grant proposal and must not exceed the amount requested (max. \$500). If your proposal requires the assistance of other departments or partners, please consult with them and confirm potential costs prior to submitting your application.