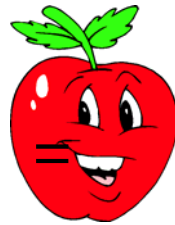




+



+



## 2009-10 FUNDING APPLICATION SEE for Yourself on Monday Project Grants for Student Groups

### What is **SEE for Yourself**?

The **SEE (SLEEP, EAT, EXERCISE) For Yourself on Monday** project encourages students to maintain a healthy balance of rest, exercise, and nutritious eating. Adequate sleep, regular exercise, and healthful eating all impact your academic performance. Study after study shows that when you take time for these behaviors, you improve your chances for success. College is also the time when you're making your own decisions regarding your personal health. Habits formed now can impact your health behaviors for the rest of your life. Recognizing that college is also a time of stress and pressure, the **SEE For Yourself** campaign challenges every student to take time out once the week and do something to improve your health.

The purpose of the **Project Grants Program** is to invigorate student groups to take the lead on promoting healthy activities focused on sleeping, eating, and exercise aimed at fellow students. Activities/events should also accomplish the following goals: produce new initiatives, build awareness around these issues, and promote campus collaboration. Grantee funds will be available until April, 2010, or until funding runs out.

### Eligibility for funding:

- Be a recognized student organization.
- Use Monday in some capacity of the educational activity/event.
- Use the funding to promote at least one aspect of balanced sleep, eating (nutrition), and exercise.
- Funding cannot be used to fund cash prizes of any kind, alcohol, or events that are purely social in nature.
- Any equipment purchased with the funding are the property of Johns Hopkins University.
- If funded, student organizations will need to provide the appropriate invoices or contracts for the event/activity.
- Funding cannot be used to directly fund charities or community agencies.
- Funding cannot be used to fund retroactively.

Applications can be submitted at any time between November 2, 2009 and November 20, 2010 and funds will be awarded to support 2010 spring events/activities You will be notified by December 11, 2009 regarding the funding. Completed applications must be sent to Barbara

Gwinn, Associate Director of the Center for Health Education & Wellness (CHEW) in Levering Hall, Suite 115 or to [bgwinn1@jhu.edu](mailto:bgwinn1@jhu.edu). All proposals will be reviewed by the sponsors of the SEE Campaign which includes the Center for Health Education and Wellness, the Counseling Center, the Recreation Center and the JHSPH Center for Livable Future.

**SEE for Yourself on Monday  
2009-10 Funding Application Form**

**Please answer the following questions below:**

Name of student organization:

---

<b>Project Contact:</b>
Name:
Position in Organization:
Year:
Local address:
Phone:
E-mail:

*\* All correspondence will be sent to the Project Contact.*

Name of event:

---

Amount of funds requested: \$ \_\_\_\_\_

What will be the date of the event? \_\_\_\_\_

Or, is the event ongoing?    *Yes*    *No*

    If yes, list start date: \_\_\_\_\_

        completion date: \_\_\_\_\_

    How often and at what interval will the ongoing event happen?

\_\_\_\_\_

How many students belong to your organization? \_\_\_\_\_    N/A

    How many people are actively involved? \_\_\_\_\_

    How often do you meet? \_\_\_\_\_

1) Provide a brief description and goals of the program including the intended target audience and how the event/activity meets the SEE mission.

2) What is the agenda for the event?

3) How will you be able to evaluate the success of your event? (i.e. count how many people attended; estimate and report how many hours of volunteer time you (and any others who are helping) spent in preparing for and hosting the event).

**PROJECT BUDGET**

Please list each item in the budget, including 1) the item, 2) the cost, and 3) the source of the item *(continue on a separate sheet if necessary)*:

ITEM	COST	SOURCE (ie Vendor)
1	\$	
2	\$	
3	\$	
4	\$	
5	\$	
6	\$	
7	\$	
<b>TOTAL:</b>	<b>\$</b>	

**Questions?** Contact Barbara at (410) 516.8396

*Healthy Monday is a national network of health advocacy organizations, government agencies, hospitals, health and fitness facilities, schools, businesses, and individuals all rallying together to make Monday the start of a healthier life.*

*The SEE campaign is a project of the Johns Hopkins Healthy Monday project, the Center for Health Education and Wellness, the Ralph S. O'Connor Recreation Center, and the Counseling Center.*