

LSC INtegrate: Building Resource Inventory

Discovery questionnaire for Champions

Champions: for guidance on when and how to use this, see the *INtegrate Champion Manual*.

This inventory helps you and NuStart see what your building already has to support staff wellness, so we can help you make the healthy choice the easier choice. It usually takes 10 to 15 minutes. There are no wrong answers; a “Not sure” is useful too, and points us to something worth finding out.

Your information

CHAMPION NAME

BUILDING / DEPARTMENT

DATE

Spaces beyond the breakroom

Places staff could use for movement, brain breaks, or relaxation.

Resource	Available?	Details — where it is, when staff can use it, condition
Open or available classroom(s) for brain breaks or relaxation	Yes / No / Not sure	
Gymnasium	Yes / No / Not sure	
Cafeteria or commons (usable outside meal times)	Yes / No / Not sure	
A quiet, wellness, or relaxation room	Yes / No / Not sure	
Multipurpose or flexible room	Yes / No / Not sure	
Outdoor space (fields, courts, playground)	Yes / No / Not sure	

Physical activity, PE, and athletics

If you are your building's PE teacher, note what you can share with staff; if not, your PE teacher is a key ally.

Resource	Available?	Details — where it is, when staff can use it, condition
Gym or PE space (and when staff could use it)	Yes / No / Not sure	
Track (indoor or outdoor)	Yes / No / Not sure	
Walking path or safe walking route	Yes / No / Not sure	
PE, athletic, or sports equipment that could be borrowed	Yes / No / Not sure	
Fitness equipment (weights, cardio machines)	Yes / No / Not sure	
Access to the PE teacher, coaches, or athletic staff	Yes / No / Not sure	

Food and water

Resource	Available?	Details — where it is, when staff can use it, condition
Food services or cafeteria able to support healthy staff options	Yes / No / Not sure	
Kitchen, FACS, or culinary space for cooking demos	Yes / No / Not sure	
Refrigerator or space for staff healthy food and snacks	Yes / No / Not sure	
Water bottle-filling stations (note how many and where)	Yes / No / Not sure	
Water fountains or reliable water access	Yes / No / Not sure	

Education and communication

Resource	Available?	Details — where it is, when staff can use it, condition
Wellness Station or bulletin board space	Yes / No / Not sure	
Digital signage or screens for messaging	Yes / No / Not sure	
A staff email list or newsletter you can use	Yes / No / Not sure	
Places to post flyers (lounge, restrooms, mailboxes)	Yes / No / Not sure	
You actively use the NuStart and LSC shared resources (Drive / hub)	Yes / No / Not sure	

People and partners

Groups and people in your building whose mission overlaps with wellness.

Group or partner	In your building?	Name / contact	Worked together?
Other initiative champions or leaders	Yes / No		Yes / No
Other groups or committees	Yes / No		Yes / No
PE teacher, athletics, or coaches	Yes / No		Yes / No
Counselor(s) or mental health liaison	Yes / No		Yes / No
Student groups (clubs, Girls on the Run, etc.)	Yes / No		Yes / No
Community partners (YMCA, etc.)	Yes / No		Yes / No
Other staff who help with wellness	Yes / No		Yes / No

Administrator support

1. Which administrator(s) most support INtegrate in your building? (name and role)

2. How do they show support?

✓ Encouragement

✓ Time

✓ Funding

✓ Participation

✓ Other:

3. What would help you get more support?

Your read

1. What is your building's biggest wellness strength, resource-wise?

2. What is the biggest gap or barrier?

3. One resource you wish you had or could access

4. Anything else we should know?

Quick check-in

Two quick ratings so we can see the picture at a glance and track it over time.

How well-resourced is your building for staff wellness?

1 = not at all 1 2 3 4 5 5 = very well

How much administrator support do you feel you have?

1 = very little 1 2 3 4 5 5 = a great deal

Thank you. This helps us match real resources to simple activities in your building. Questions? Email info@nustarthealth.com.