STEP 1 — IDENTIFY CONTEXT

Reflecting on your current service environment, describe your target population and the types of physical activities that would resonate in your setting.

Who do you work with? (e.g., adolescents with chronic illness, socially disadvantaged youth)	
Current setting / program (e.g. community health clinic)	
Country / region	
Which global case study resonated most with you, and why?	

Think about what sports or movement forms are already culturally familiar and accessible in your community - these will be your best "entry points."

STEP 2 — DESIGN NTERVENTION

Sketch the shape of your intervention. What will young people actually do, and how will they lead it?

Activity type (e.g., structured running, team sport, dance, outdoor camps)

Format (e.g., weekly group sessions, weekend camps, school-based program)

How will youth with lived experience co-design or lead this intervention?

STEP 3 — MAP YOUR FEASIBILITY

Use the four integration pillars to assess what's already in place and what barriers you'll need to address.

Pillar	Facilitators	Barriers
People → Who will run it and support it?		
Resources → What do we need to make it happen?		
Community Fit → Will young people actually engage with it?		
Future Growth → Can this last and reach more youth?		