

# Logic Model for Activate Your Neighbourhood NS Pilot Project

## Purpose::

To determine the effectiveness of the Tactical Guide to increase physical activity

## Goals

- (1) Assess the relevance, usability, and efficacy of the different activities within each of the seven Tactics in the Tactical Guide;
- (2) assess the effectiveness of knowledge dissemination and promotion strategies to increase awareness and utilization of the Guide among users (neighbours);
- (3) identify what supports users (neighbours) need to implement the activities from the Tactical Guide; and
- (4) understand the needs, challenges, and preferences of community leaders to enhance their effectiveness in assisting users (neighbours)

