After reading Chen (2015), the main benefits of using a logic model to evaluate the efficacy of a sport or recreation program involve:

1. Logic models help define the program's goals and objectives, which are essential for planning and decision-making.
2. Identifying inputs, actions, and outputs: By describing how resources are being utilised and what results might be expected, the model aids in identifying the program's potential inputs, actions, and outputs.
3. Monitoring important results and indicators: Logic models provide a framework for identifying key outcomes and indicators that can be tracked over time and evaluated to determine the effectiveness of the program. Systematic and thorough approach: Applying a logic model offers a systematic and thorough approach to program evaluation, empowering stakeholders to make defensible choices about the design, execution, and development of programs.
4. Flexibility: The logic model is adaptable and can be customised for various programs, age groups, demography, etc., allowing for stakeholder involvement with a reflecting outward opinion.
5. Navigational simplicity: Logic models are simple to use and give the audience concise information on sports programs.
6. Simple to understand: The logic model is easy to follow, enabling quick improvements and greater comprehension for stakeholders and assessors.
7. Effective visual presentation: Logic models are a useful tool for conveying a program's characteristics in a clear and understandable way, improving stakeholders' and assessors' comprehension.