



2025–2026 PILOT PROGRAMS OVERVIEW

Mission Fostering physical health, wellness education, and personal growth among underserved girls through structured monthly programs in fitness, health education, and mentorship.

Program Duration August 2025 – May 2026 (10 months)

Frequency 1 event per month

Event Rotation Fitness program, health education workshop, mentorship session

Each month will feature one event, alternating between fitness, workshops, and mentorships to ensure a comprehensive, engaging experience.

Sample Timeline for the School Year

Month	Event	Sample Topic
August	Fitness	Yoga & Mindfulness
September	Workshop	Nutrition
October	Mentorship	Confidence & Goal Setting
November	Fitness	Mat Pilates
December	Workshop	Mental Wellness
January	Mentorship	Communication & Leadership
February	Fitness	Sports-based Fitness Challenge
March	Workshop	Self-Care & Stress Management
April	Mentorship	Resilience & Growth Planning
May	Close out	Celebration & Awards

METRICS

Mission Metrics (Year 1: 2025–2026):

- Reach 25-50 girls across 1 school in Houston
- Launch Pilot Program in August 2025

3-Year Vision (By 2027):

- Serve 75-100+ girls annually across 3 school/community sites
- Build a strong network of mentors, health educators, and fitness instructors

Core Outcomes Measured:

- Confidence growth
- Physical activity increases
- Strengthened community connectedness
- Nutrition literacy improvements
- Emotional resilience development

Partner Metrics:

- Partners (schools, community centers) help us reach up to 25+ girls per site
- Projected 3x increase in physical activity and leadership skills
- Improved classroom behavior (+ 20%), attendance (+ 10%), and self-esteem (+ 15%)

Volunteer Metrics:

- Year 1 Goal: Recruit 15+ volunteers across Houston.
- Mentor commitment: 2–3 hours per month
- Event support: 5–10 hours/event
- Projected total volunteer hours: 1,200+

Peer-reviewed Research Supporting Program Design:

- [Physical Activity and Physical Education: Relationship to Growth, Development, and Health](#)
- [Mentoring Relationships and Adolescent Self-Esteem](#)
- [Investing in the Health and Well-being of Young Adults](#)