

Logical Framework Project Example: “Improve Physical Health & Mental Stamina”





Logical Frameworks for Strategic Management

The Logical Framework is a dynamic thinking matrix that applies smart management principles and common sense logic to formulate winning strategies. The simple “If-then” logic can clearly communicate a unified strategy. Using the “LogFrame” simplifies the planning and accelerates execution of critical/complex projects.

Objectives	Success Measures	Verification	Assumptions
Goal			
Purpose			
Outcomes			
Inputs			

The Four Critical Strategic Questions

The LogFrame helps teams systematically answer and agree on these Four Critical Strategic Questions:

-  1. What are we trying to accomplish and why?
-  2. How will we measure success?
-  3. What other conditions must exist?
-  4. How do we get there?

Addressing these simple yet powerful strategic questions helps teams develop sound solutions to complex issues.

To learn more, please review our 4-page Special Report “Turn Strategy Into Action” free on our website; or see Terry Schmidt’s book *Strategic Project Management Made Simple: Practical Tool for Leaders and Teams* (Wiley, 2009).

Introduction to the Project

Do you have a strategy to stay for physical and mental excellence? Physical health and mental stamina are critical in one’s overall well-being. With the fast pace many people keep, it is vital to create a strategic plan to develop a health-maintenance but easy-to-ignore regimen that is not only doable, but fun!

This LogFrame is a sample of how to make it happen. Naturally, the specific aspects will vary depending upon your age, gender and physical condition—but at least this one provides a template to get you started.

Disclaimer: Consult your doctor before implementing any health or exercise plan.

Logical Framework Project Plan for “Improve Physical Health & Mental Stamina”

Objectives Logical hierarchy of If-then Assumptions	Success Measures Conditions when Objectives are achieved	How to Verify Source of evidence to verify Measures	Assumptions Additional factors necessary for success
<p>Goal: To improve my quality of life and increase the probability of a long, healthy life.</p>	<p>Goal Measures:</p> <ol style="list-style-type: none"> 1. Improved ability to actively participate in recreational activities and get more yard work/housework done without struggling and tiring out easily. 2. Increased ability to concentrate and function effectively in the office. 3. Can do physical work all day Saturday without being tired. 	<ol style="list-style-type: none"> 1. Reduced huffing and puffing. 2. Increased productivity; <ul style="list-style-type: none"> - more written pages - more business outputs 3. Measure # of hours. 	<p>Assumptions to reach Goal:</p> <ol style="list-style-type: none"> 1. I have the right genetics to live a long and healthy life. 2. There are no other distractions that prevent me from being productive at the office or at home.
<p>Purpose: To improve my physical health and stamina.</p>	<p>Purpose Measures:</p> <ol style="list-style-type: none"> 1. Achieve ideal body weight of 175lbs. in 20 weeks. Average weight loss of 1 lb. per week, from 195 to 175. 2. Blood pressure level of <120/80 within 24 weeks. 3. Body fat levels of 10% achieved in 4 months (reduction from 22%). 4. Total cholesterol < 200. 5. Able to sustain cardiovascular activity at 80% of maximum capacity for at least 30 minutes. 	<ol style="list-style-type: none"> 1. Weigh myself each Sunday. 2. Weekly blood pressure checks. 3. Body fat analysis. 4. Monthly blood analysis. 5. Test cardio capacity monthly. 	<p>Assumptions to achieve Purpose:</p> <ol style="list-style-type: none"> 1. I do not self-sabotage my efforts. 2. I can get medical tests done routinely and inexpensively.

Then

 If

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Then



If

Objectives <small>Logical hierarchy of If-then Assumptions</small>	Success Measures <small>Conditions when Objectives are achieved</small>	How to Verify <small>Source of evidence to verify Measures</small>	Assumptions <small>Additional factors necessary for success</small>
<p>Outcomes:</p> <ol style="list-style-type: none"> 1. Understanding of health/diet/exercise issues increased. 2. New eating habits established. 3. Regular exercise program underway. 4. Meditation/ relaxation practiced implemented. 	<p>Outcomes Measures:</p> <ol style="list-style-type: none"> 1. Understand the role exercise plays in increased general health, promoting fitness and lowered heart rate. Awareness of stress management and sleep issues. 2. Average intake of not more than 1,500 calories per day. Fat intake less than ___% of total calories. 3. Cardio exercise 4 days a week for at least 30 minutes, lift weights 2 days/ week. 4. Find meditation program I enjoy and practice daily. 	<ol style="list-style-type: none"> 1. Books read; ability to talk about intelligently. 2. Eating Log. 3. Exercise log / Track cardio capacity monthly. 4. Monitor stress levels and resting heart rate. 	<p>Assumptions to produce Outcomes:</p> <ol style="list-style-type: none"> 1. I can find an exercise I enjoy. 2. I have discipline to stay on a self-designed plan. 3. My spouse willing to support my exercise. 4. I can resist Twinkies, Hagen-Daaz and other junk food.

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Then
↻
If

INPUTS: How I will produce Outcomes			Schedule * Credit daily log							Assumptions for Activities
ACTIVITIES	WHO DOES?	RESOURCES	S	M	T	W	Th	F	S	
1. Understanding of health/diet/exercise issues increased.										1. Support and coaching does not need to be in person.
- Read 3 good books.										
- Find online resources.										
2. New eating habits established.										1. I do not allow my taste buds to rule over my choice of foods.
- Decide times of day to eat, and drink water regulaly.										
- Eat more fruit and more vegetables										
- Plan a menu at the beginning of the week and follow it.										
3. Regular exercise program underway.										1. I get strongly motivated.
- Find exercise buddy.										
- Start small.										
4. Meditation/ Relaxation Strategy Implemented.										1. I am able to sit still long enough.
- Evaluate various meditation styles.										
- Choose what works for me.										