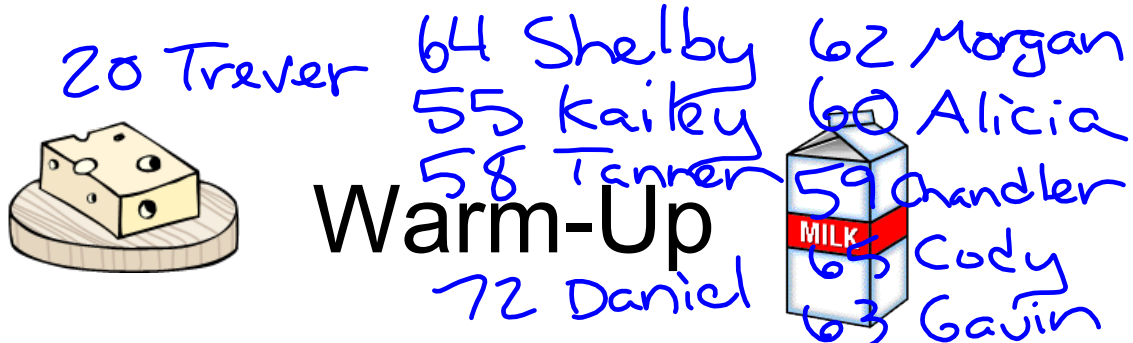


Sept 26th, 2017

Developing A Personal Wellness Plan



More than one-third of children aged 4 to 9 do not have the minimum recommended two daily servings of milk products . By ages 10 to 16, 61% of boys and 83 % of girls do not meet their recommended minimum of three daily servings.

Quiz Friday on Wellness

Part 1: Assessing Your Wellness Levels

Read through the questions on the handout and use this to help you think critically about them and what areas need improvement.

Part 2: Setting Wellness Goals

Once you have assessed your overall wellness it's time to begin by setting a goal. Keep your goal simple and achievable. You don't want to get frustrated by choosing too difficult a goal from the beginning. Make sure your goal is

Specific

Measurable

Achievable

Realistic

Time-Limited (already built in we are working towards it for 21 days/3 weeks then reassess maybe you have achieved this goal and are setting a new one or maybe you are still working towards this one)

Example Goals:

I will exercise at least 30 minutes a day 5 days a week.

I will eat 7 fruits and vegetables a day every day for the next 3 weeks.

I will give myself 30 minutes everyday to manage my stress.

I will practice positive affirmations 3 times a day everyday such as "Yes I can" "I am successful" "I feel better every day"

I will start writing a journal of my feelings and ways I manage them to help improve how I deal with things like anger and sadness.

I will practice yoga once a day at least 4 days a week.

I will drink the correct amount of water I need everyday for the next 3 weeks.

How to boost your chances for being successful with your goals

1. Make a commitment

- If you are struggling to commit to your goal you have not chosen the right goal think about choosing another one before we start this process on Monday.

2. Keep Track (which you are going to do on your handouts)

- Check in daily and take notes of where you struggled and where you had success

3. Break it down

- these are the steps you have created. Set smaller goals within your goal that will help you achieve it.

4. Get help

- you may need extra support or just a cheerleader have a friend keep you on track or if two of you have chosen the same goal keep each other on track

5. Keep your eye on the prize

- there will be times when you don't meet your goal don't get discouraged. Imagine how good you will feel once this goal you have chosen becomes part of your lifestyle.

6. Be Consistent

- Consistency and routine play an important role in reaching your goals.

7. Focus on Positive Thinking

- As cliché as it may be thinking positive can empower you to reach success. If you consistently think negatively you may sabotage your entire goal.

8. Celebrate Every Success

- You can't expect yourself to work steadily towards a goal without reward along the way. Celebrate even the smallest successes

- reflecting on strategies that will support moving towards your wellness goals

- depending on your goal fill in this part of the plan by giving very specific information about how you are going to achieve the goal.

- planning to make adjustments to fitness, nutrition and behavior patterns and habits to increase personal wellness.

- After the 3 weeks are complete you are going to reflect on your goal and decide if you will continue to attempt to meet this goal or if you have met success. If you have met success you are going to choose a new goal to pursue for the next 3 weeks.