

Name: _____

Personal Wellness Plan

Now that you have looked at all the components that comprise a healthy lifestyle, you will embark on your own Healthy Lifestyle Challenge, by creating a personal wellness plan. Use these questions as guidelines to help you write your plan. Each question does not need to be answered they are only provided to help with your reflection and to aid in choosing your goal. Also look at the 7 aspects of wellness we have discussed and see if there are areas you can improve upon within those areas.

Do you

- Have any diseases or conditions that are found in family members that can be reduced due to lifestyle habits? Or are you at risk of any diseases or conditions (heart attack, high blood pressure, cancer etc) that could be prevented by making healthier lifestyle choices?
- Protect yourself against environmental risks such as UV rays, second hand smoke, hazardous materials at home or in the workplace?
- Smoke? Drink too much alcohol? Use recreational drugs? Do you want to change these habits?
- Regularly eat a nutritious diet, including breakfast? Are you eating the recommended amounts of vegetables, water, carbohydrates, proteins etc? Are you avoiding processed foods and foods that include a high amount of fat, salt or sugar?
- Get daily physical activity to maintain fitness?
- Know what causes you stress and are you able to manage stress effectively?
- Get enough sleep?
- Wear protective equipment such as helmets, safety goggles, seat belts when required?
- Visit the doctor or dentist regularly?
- Deal with your emotions effectively? Can you make improvements in how you deal with certain emotions like anger, sadness, happiness etc
- Feel fulfilled in your life? Do you have a purpose?
- Have good personal relationships with friends, family etc? Do you feel you need to improve some of these relationships?
- Feel intellectually stimulated in your life? Do you think critically and analyze things?
- Get enough fresh air? Do you conserve energy and help the environment?

Once you've identified an area to improve upon, list your goal in the chart below. Use the words "I will" not "I could" in your goal statement. Then, list the specific steps you will take to reach your goal and chart your daily progress for the next 3 weeks.

At the end of the three weeks, prepare a written explanation of your experience with the challenge. This should include the type of Healthy Lifestyle Goal you chose (physical, emotional, social, intellectual, environmental, spiritual). What you found easy and difficult about the challenge, what you learned about yourself during this time, how this challenge has changed your point of view and your life, and anything thing else you would like to include. Are you going to continue to attempt to reach this goal for the next 3 weeks or do you feel you have met this goal and you are choosing a new goal to work on for the next 3 weeks. If you are choosing a new goal state this new goal and the steps you will need to take to achieve it. Then chart your progress with your new goal for another 3 weeks. We will continue this process every 3 weeks until the end of the semester. As you see different body systems and units you may want to edit or change your goal to reflect what you have learned.

Healthy Lifestyle Goal:

Steps You Will Need To Take To Achieve Your Goal:

Daily Progress Chart



WEEK 1

DAY/ DATE	WAS THE GOAL ACHIEVED? (YES / NO)	NOTES
1.		
2.		
3.		
4.		
5.		
6.		
7.		

Daily Progress Chart



WEEK 2

DAY/ DATE	WAS THE GOAL ACHIEVED? (YES / NO)	NOTES
8.		
9.		
10.		
11.		
12.		
13.		
14.		

Daily Progress Chart



WEEK 3

DAY/ DATE	WAS THE GOAL ACHIEVED? (YES / NO)	NOTES
15.		
16.		
17.		
18.		
19.		
20.		
21.		

Your written experience with the challenge:

What type of Healthy Lifestyle Goal you chose (physical, emotional, social, intellectual, environmental, spiritual).

What you found easy and difficult about the challenge?

What have you learned about yourself during this time?

How has this challenge changed your point of view and your life?

Are you going to continue to attempt to reach this goal for the next 3 weeks or do you feel you have met this goal and you are choosing a new goal to work on for the next 3 weeks?