

# Wellness Action Plan

## Create an outline for your health and well-being

Note the "why" behind your goals to keep your eye on what you really prize.

1. Using this form as a template, develop a plan for each goal identified. Modify the form as needed to fit your unique context.
2. Distribute copies of each plan to the members of the collaboration (spouse, loved one, partner, roommate, etc.).
3. Keep copies handy to review and update regularly. You may decide to develop new plans for new stages in your wellness plan.

ACTION STEPS	RESPONSIBILITIES	TIMELINE	RESOURCES	POTENTIAL BARRIERS	COMMUNICATIONS PLAN
What will be done?	Who will do it?	When? (day/month) How often?	A. Resources available B. Resources needed (financial, equipment)	A. What health concerns, social situations or individuals might resist this change? B. How and why might there be resistance?	Who is involved? What methods will be used to communicate?
GOAL 1:			A. B.	A. B.	
GOAL 2:			A. B.	A. B.	
GOAL 3:			A. B.	A. B.	
GOAL 4:			A. B.	A. B.	
GOAL 5:			A. B.	A. B.	

### EVIDENCE OF SUCCESS

Why do you want to accomplish this goal? How do you want to feel when you have achieved it?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### EVALUATION PROCESS

How will you determine that your goal has been reached? What are your measures?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_