

Personal Wellness Planner

Instructions

Part 1

For each wellness area you will be going through the following steps:

Step 1: How are you currently doing?

Step 2: What are your short-term goals?

Step 3: What are your long-term goals?

Step 5: What will you do to reach these goals?

Step 6: What are the short-term benefits of these goals?

Step 7: What are the long-term benefits of these goals?

Part 2

Create a summary of all your goals.

Part 3

Log in your progress for one whole week!

- This includes everything you eat, any exercise you do, and any activity/change in routine for mental or emotional wellness.

Part 4

Reflect on your week. Include your thoughts on:

- The difficulty level of this assignment.
- If you have noticed a change in how you feel physically, mentally, and emotionally.
- If you have a sustainable life.
- If you would continue to follow this personal wellness plan.

Part 1**Physical Wellness**

Step 1	
Step 2	
Step 3	
Step 4	
Step 5	
Step 6	
Step 7	

Nutritional Wellness

Step 1	
Step 2	
Step 3	
Step 4	
Step 5	
Step 6	
Step 7	

Mental Wellness

Step 1	
Step 2	
Step 3	
Step 4	
Step 5	
Step 6	
Step 7	

Emotional Wellness

Step 1	
Step 2	
Step 3	
Step 4	
Step 5	
Step 6	
Step 7	

Other

Step 1	
Step 2	
Step 3	
Step 4	
Step 5	
Step 6	
Step 7	

Part 2

Goal Summary

Short-Term

Long-Term

Part 3

Wellness Log

Date		Date	
Physical		Physical	
Nutritional		Nutritional	
	Breakfast		Breakfast
	Lunch		Lunch
	Dinner		Dinner
	Snacks		Snacks
Mental		Mental	
Emotional		Emotional	
Other		Other	

Date		Date	
Physical		Physical	
Nutritional		Nutritional	
	Breakfast		Breakfast
	Lunch		Lunch
	Dinner		Dinner
	Snacks		Snacks
Mental		Mental	
Emotional		Emotional	
Other		Other	

Date		Date	
Physical		Physical	
Nutritional		Nutritional	
	Breakfast		Breakfast
	Lunch		Lunch
	Dinner		Dinner
	Snacks		Snacks
Mental		Mental	
Emotional		Emotional	
Other		Other	

Date		Date	
Physical		Physical	
Nutritional		Nutritional	
	Breakfast		Breakfast
	Lunch		Lunch
	Dinner		Dinner
	Snacks		Snacks
Mental		Mental	
Emotional		Emotional	
Other		Other	

Date		Date	
Physical		Physical	
Nutritional		Nutritional	
	Breakfast		Breakfast
	Lunch		Lunch
	Dinner		Dinner
	Snacks		Snacks
Mental		Mental	
Emotional		Emotional	
Other		Other	

