

## Wellness Plan/Goals

Name: .....

Date: .....

### Wellness Plan

- My Wellness vision

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- What Motivates Me

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- My Strengths

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- My Weaknesses

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- My Challenges

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### Goals

- 3 Months goal

1. ....

2. ....

3. ....

4. ....

5. ....

Comments:

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### Month 1

#### - Week One

1. ....

2. ....

Comments:

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#### - Week Two

1. ....

2. ....

Comments:

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#### - Week Three

1. ....

2. ....

Comments:

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#### - Week Four

1. ....

2. ....

Comments:

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