Dr Kalnes Personal Wellness Plan

# Health Inhibiting Behaviors

Here you will discuss which dimension (s) need (s) the most improvement- Specify your health inhibiting behaviors and risk factors and Use your self-reflections and learning materials to support your statements.

# Goals

Here you will write out at least 3 smart goals.

Goal 1: Physical Wellness

Specific: I will participate in at least 3 group workout classes every week

Measurable: I will track in my calendar the days I go

Attainable- There are so many choices and times that I will be able to fit this into my daily schedule

Realistic- I have been working out 3 days/week because of this class so yes I think 3 days a week is realistic and not too much of a stretch.

Time: I hope to have made this a habit within 3 months; I may then want to add one or two more classes per week.

Action Plan: 1. Look at schedule at the beginning of the week; 2. Put the classes in my schedule; 3. Add a notification to remind me of the class the night before.

Goal 2: \_\_\_\_\_\_\_\_\_ Wellness

Specific:

Measurable:

Attainable:

Realistic:

Time:

Action Plan:

Goal 3: \_\_\_\_\_\_\_\_\_ Wellness

Specific:

Measurable:

Attainable:

Realistic:

Time:

Action Plan:

# Personal Fitness Plan

Here you will discuss your progress with using your personal fitness plan that you designed in Module 3. Discuss whether or not you will be using this fitness plan and discuss any changes you will make to your fitness plan to align it to your new goals.

# Nutrition Plan

Here you will discuss any changes you have made in your nutrition throughout this class, how have you felt about these changes? If you have not made any changes, explain why; and/or discuss changes you will make now and the benefits you hope to feel/experience.

# Motivation

You will EITHER discuss what your motivations are and how you chose these are motivators- these may be different for each of your goals.

OR

Create a vision board. Use [Canva](http://www.canva.com/) or any other computer program/APP to create an image that you will use for motivation. Or, if you’d rather make it out of poster board/drawing, etc., take a picture of it. Either way you will then paste the image here.