Health and Wellness

My Goals: I, ____________________________, will accomplish one or more of the following goals:

I will choose one part of my health that needs improvement and make a plan to improve.

I will practice preventive healthcare.

I will master the life skill, "Practicing Wellness."

Other: ____________________________________________

My Reasons: By improving one part of my health, my overall wellness will be more balanced. I will prevent injury and illness to myself by practicing preventive healthcare. By mastering the life skill, "Practicing Wellness," I will improve my overall health and fitness.

Other: ____________________________________________

My Values: Personal values that will help me meet my goals are

________________________________________________________

________________________________________________________

My Plan: The actions I will take to meet my goals are

________________________________________________________

________________________________________________________

Evaluation: I will use my Health Journal to keep a log of actions I took to fulfill this contract. After 1 month, I will evaluate my goals. I will adjust my plan if my goals are not being met. If my goals are being met, I will consider setting additional goals.

Signed ____________________________

Date ____________________________