

1.05 Personal Wellness Planning Assessment

Create a copy of this worksheet (file → make a copy) to create your own worksheet. Answer all questions completely and then submit this worksheet to your instructor. **Read lesson 1.04 & 1.05 in the lesson tab before doing this worksheet.**

Warm-Up (Questions to help you prepare to write your goals)

1. Describe your current level of physical activity. How often do you participate in moderate to high intensity activity in an average week?
2. Discuss at least three physical activities you enjoy participating in or wish to participate in.

3. Goals

Create at least one goal for each of the following wellness categories. Personalize each of your goals for the time enrolled in the course. Be sure that each goal is Measurable, Attainable, and has a specific Deadline. Also, be sure each goal is written in complete sentences.

Physical Wellness Goal:

Emotional Wellness Goal:

Social Wellness Goal:

Academic Wellness Goal:

Questions 4-7: Cool Down (Reflection questions based on the goals you've written)

4. What do you think will be the most challenging goal for you, and why?
5. Describe any challenges or hesitations you have about your goals or the activity requirements for this course.
6. Explain how fitness testing and test results can affect your overall fitness.
7. No matter your living situation, it is up to you to make daily decisions that affect your well-being. What is your role and responsibility for maintaining and improving your health?