

Individualized Wellness Plan

| Strategy | Goals | How will I achieve goals? | Indicators of success | Notes on progress |
|------------------------------|-------|---------------------------|-----------------------|-------------------|
| Short-Term (“In the Moment”) | | | | |
| Long-Term: | | | | |
| Physical | | | | |
| Intellectual | | | | |
| Emotional | | | | |
| Relational | | | | |
| Spiritual | | | | |

