
Personal Wellness Plan Outline – Part Two: Plan Results

Your personal wellness plan is a health or wellness goal that you would like to try to accomplish by the end of this course. It is worth 20% of your final mark, and is broken into two stages, a plan proposal and a final report, each worth 10%. The proposal is due week 4, and the final report is due week 13.

Part Two: Personal wellness plan results – Due week 13 (April 7) and worth 10%. Please refer to rubric included on the next page for full mark breakdown. This final part will restate your goal and plan from part one, and will describe your success at achieving that goal. This results report will consist of the following:

1. Introductory paragraph:
 - a. Re-state your goal, why you selected this goal, and the benefits you hoped to gain. This can just be copied from part one.
 - b. Describe your success at achieving this goal:
 - i. If you were successful, describe in a general sense what you think made you successful overall, and then identify one specific aspect of your plan that worked the best.
 - ii. If you were not successful, describe in a general sense what you think made you not successful overall, and then identify one specific aspect of your plan that you would change that could potentially make you successful in the future.
2. Second Paragraph:
 - a. Looking back at everything that was discussed or covered in the wellness and healthy living course, identify and explain in detail one topic or aspect of the course that describes one of the following:
 - i. Something that made you change your opinion/belief on that particular topic from the one you had before the course began.
 - ii. Something you did not know before and is now something you would think about more from now on.
 - iii. Something you were doing/thinking about before this course began, and this course reaffirmed or expanded your thoughts/ideas on that particular topic.

Personal Wellness Plan Results – Wellness and Healthy Living HEAL13271G

Worth 10% of final mark – Due week 13

Student:

CATEGORY	3	2	1	0
Personal goal	Personal goal clearly stated, reason for goal provided, and benefits of achieving goal described.	Personal goal clearly stated, but either reason for goal not provided or benefits of achieving goal not described.	Personal goal is stated, but reason for goal not provided and benefits of achieving goal not described.	No personal goal is described.
Goal success	Whether or not the goal has been successfully met has been described, along with stating one aspect that either worked very well or is something you would change next time.	Whether or not the goal has been successfully met has been described, but one aspect that either worked very well or is something you would change next time is missing.	Whether or not the goal has been successfully met has only been vaguely described, and there is no mention of one aspect that worked well or would be changed.	Whether or not goal was successful has not been described.
Course relevance	One of the three options has been identified and explained in detail.	One of the three options has been identified, but explanation provided lacks sufficient detail.	One of the three options has been identified, but no explanation provided or topic described is not covered in this course.	None of the three options have been described.
Spelling and grammar	Grammar and spelling are perfect.	1-3 Minor grammar and/or spelling errors are present.	4- 6 Minor grammar and/or spelling errors are present.	More than 6 spelling and/or grammar mistakes.

Total Mark (out of 12): _____