Designing a Two-strand Action Plan for Wellness (Stress Management, and Physical Activity and Fitness)

Element of Action Plan	Action	My Action Plan
? ***What*** ?	Set a specific goal to manage a recurring stressor and to increase/ maintain Physical Activity and Fitness for optimal wellness	My Stress Management goal is to: My Physical Activity and Fitness goal is to:
? ***When*** ?	Set a start date, an end date, and check-in dates	I plan to start my action plan on _____ and to finish my action plan on _____. I will check in with my support persons on _____.
? ***Why*** ?	List the wellness benefits of achieving my two-strand goal	The combined benefits include:
? ***Who*** ?	Identify a peer support person and/or an adult support person	My peer support person is _____. (Signature) My adult support person is _____. (Signature)
? ***How*** ?	Step-by-step plan for Stress Management and step-by-step plan for Physical Activity and Fitness Identify obstacles/ barriers that I might encounter	To achieve my Stress Management goal, I will: To achieve my Physical Activity and Fitness goal, I will: To overcome potential obstacles, I will:
? ***Where*** ?	Most likely locations for Stress Management and location(s) for Physical Activity and Fitness	