

Interviewing to Assess the Design Phase of Student Action Plans for Wellness

| Interview Questions | Comments |
|---|----------|
| 1. What is your challenge statement? | |
| 2. What is your goal statement? How will you measure the degree to which you attain your goal? | |
| 3. Who are your support people? How are they going to support you? | |
| 4. Who, from the community or your family, will be involved in or affected by your action plan? | |
| 5. Tell me the steps you have in place to complete your action plan. Why are you doing each of these steps? Where will each step occur? | |
| 6. What might prevent you from doing this action plan? What is your back-up plan? | |
| 7. What are your check-in dates, your projected end date, and your celebration date? | |
| 8. Why did you choose to do this action plan? | |
| 9. What kind of revisions, if any, will you need to make to the design phase of your action plan before you begin implementation? | |