

Sample Rubric to Assess the Design Phase of a Single-strand Action Plan for Wellness

Element of Action Plan	Less Effective Rating of 1	Somewhat Effective Rating of 2	More Effective Rating of 3
? <i>What</i> ?	Plan includes a general statement of what is to be done	Plan includes a goal statement for Physical Activity and Fitness that is clear and attainable	Plan includes a goal statement that is clear, specific, measurable, and attainable.
? <i>When</i> ?	Plan includes start date and end date	Plan includes start date, end date, first check-in date, and some details about time of day	Plan includes start and end dates (approximately 10 days for implementation) as well as check-in dates and celebration dates. Details are included about dates and times for each step of the action plan.
? <i>Why</i> ?	Plan includes a vague explanation about potential benefits	Plan includes some detail about potential benefits regarding Physical Activity and Fitness in day-to-day life	Plan includes specific details about the benefits of increasing or maintaining Physical Activity and Fitness in daily life.
? <i>Who</i> ?	Plan includes name of one support person	Plan includes name of one adult and one peer support person	Plan includes name of one adult, one peer support person, and name(s) of others that may be involved in the action plan. Signatures of support persons are included.
? <i>How</i> ?	Plan includes a vague outline of what is to be done	Plan includes some details about what is to be done with little or no pre-planning for potential barriers	Plan includes a step-by-step outline of what is to be done to meet the goal and to overcome the barriers. Plan includes opportunities for regular analysis of how Physical Activity and Fitness is affecting or is affected by the other strands of wellness.
? <i>Where</i> ?	Plan includes little or no indication of where the action plan is to be carried out	Plan includes scant details about where the single-strand action plan is being carried out	Plan includes specific indication of exactly where each step of the action plan is to be carried out.