

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

<b>Element of Action Plan</b>	<b>Less Effective Rating of 1</b>	<b>Somewhat Effective Rating of 2</b>	<b>More Effective Rating of 3</b>
<b>? What ?</b>	Plan includes a statement of what is to be done for Stress Management and Physical Activity and Fitness	Plan includes a goal statement that is clear and attainable for Stress Management and Physical Activity and Fitness	Plan includes a two-strand goal statement that is clear, specific, measurable, and attainable.
<b>? When ?</b>	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.
<b>? Why ?</b>	Plan includes a vague explanation about potential benefits	Plan includes some detail about potential benefits related to managing a recurring stressor and to increasing or maintaining Physical Activity and Fitness in daily life	Plan includes a statement of purpose about Physical Activity and Fitness combined with Stress Management as a way of working toward optimal wellness. Plan also includes sufficient detail regarding the combined benefits of managing a recurring stressor and increasing or maintaining Physical Activity and Fitness in daily life.
<b>? Who ?</b>	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 supporting the action plan. Signatures of support persons are included.
<b>? How ?</b>	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 two-strand goal and to overcome barriers. Opportunities are included for regular analysis of how Stress Management combined with Physical Activity and Fitness is affecting overall wellness.
<b>? Where ?</b>	Plan includes little or no indication of where it is to be carried out	Plan includes scant details about where it is being carried out	Plan includes specific indication of exactly where each step is to be carried out.