

Sample Support Person's Feedback about a Single-strand Action Plan for Wellness

Student _____ Date _____

Criteria	Yes	No	Comments
The student from the Wellness 10 class met with you in advance to discuss the action plan of Physical Activity and Fitness			
The student checked in with you throughout the action plan to receive feedback, guidance, and other information			
The student followed the timeline that s/he shared with you at the outset of the action plan			
The student was able to overcome obstacles that occurred			
The student achieved the goal that s/he shared with you at the outset of the action plan			
Comments and observations about what the student learned throughout the action plan: <ul style="list-style-type: none"> • about including Physical Activity and Fitness in day-to-day life • about Physical Activity and Fitness and its connections to the other strands of wellness • about asking for and receiving support • about working toward a goal for wellness • about recording and monitoring the implementation of a plan 			
Suggestions on how the student might improve upon an action plan to increase or maintain Physical Activity and Fitness for optimal wellness:			

Signature of Support Person _____ Date _____