

Sample Support Person's Feedback about a Two-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 two-strand action plan of Stress Management, and Physical Activity and Fitness			
The student checked in with you throughout the action plan to receive feedback, encouragement, 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 goals for Stress Management, and Physical Activity and Fitness 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 managing stress in daily life • about the combined effects of Stress Management, and Physical Activity and Fitness • about asking for and receiving support • about balancing two strands of wellness • about recording and monitoring the implementation of a plan 			
Suggestions on how the student might improve upon an action plan to manage stress for optimal wellness, and to increase or maintain the amount of physical activity in day-to-day life:			

Signature of Support Person _____ Date _____

