

Sample Rubric for Assessing the Implementation of a Single-strand Action Plan for Wellness

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What What evidence is there of a goal of increasing or maintaining Physical Activity and Fitness?	Goal statement is not mentioned in the log.	Student log includes a vague goal statement.	Student log includes a goal statement that is clear and attainable.	Student log includes a goal statement that is clear, attainable, observable, and measurable.
When What evidence indicates that the proposed timelines were followed?	Student log does not include start and end dates.	Log includes start and end dates as well as at least one check-in date.	Log identifies start, end, check-in, and celebration dates.	Student log includes: <ul style="list-style-type: none"> • dates and times of each step within the action plan • check-in dates • celebration dates.
Why What evidence is there that the steps within the plan progressed toward the goal?	There is no mention of benefits.	Student log includes vague references related to benefits.	Student log identifies some benefits related to increasing or maintaining Physical Activity and Fitness.	Student log identifies specific benefits related to increasing or maintaining Physical Activity and Fitness in daily life.
Who What evidence is there that support persons were involved in the implementation of this action plan?	Support persons are not mentioned in the log. No signatures.	Support persons are mentioned occasionally in the log. No signatures to provide supporting evidence.	Support persons are mentioned in the log but there are no signatures to provide evidence. Or, the signatures are included but there is little or no evidence of involvement.	Support persons are included throughout the log. Student log or journal includes signatures of support persons at start date, check-in dates, celebration date(s), and end date.
How What evidence is there that the step-by-step plan was followed?	Student log includes no evidence of implementation.	Student log includes scant details of actions taken.	Log includes details of actions taken.	Student log includes details of step-by-step progress to increase or maintain Physical Activity and Fitness.
Where What evidence is there that the action plan was implemented in the arranged location(s)?	Log does not indicate location of implementation.	Log includes some details about where some of the action plan was carried out.	Log includes details about where most of the action plan was carried out.	Student log or journal includes complete details about where each step of the action plan occurred.