



Welcome to the Wellness Project

Rationale: Members of the health care team have a responsibility to be positive role models to the clients that they serve. It is also well documented that employees who practice a wellness way of life have greater job satisfaction, better job performance, and less absenteeism.

GOAL: To identify and meet a personal wellness goal.

The process:

1. Identify one wellness behavior that you would like to change.
2. Write a S.M.A.R.T. goal (specific, measurable, attainable, realistic, timed) that will describe the behavior that you would like to change.
3. Develop a plan of action to meet the health plan.
4. Implement the plan
5. Create an evaluation tool to chart weekly progress.
6. Write a 2-4 page paper explaining the goal and the action plan.
7. Create a display explaining the goal and the action plan.
8. Using information about your wellness behavior, develop a questionnaire that can be taken by others.
9. On _____, there will be a wellness fair sponsored by your class. Visitors will have an opportunity to view your displays and complete the questionnaires. You will present your displays, answer questions about them, and learn from the other projects.
10. Submit an evaluation of your project.

**Students have the right not to be embarrassed or share personal information. Goals will be discussed with the instructor on an individual basis.*





Wellness Project
Student Organizer

1. Identify a wellness behavior that you would like to change.
Topic _____ Approved _____
2. Using the wellness behavior you chose, write a SMART goal.
Due date _____ Approved _____
3. Develop and implement a plan of action to meet the goal.
Due date _____
4. Implement the plan.
5. Create an evaluation tool to chart weekly progress.
Date started: _____
Week 1 _____
Week 2 _____
Week 3 _____
6. Using the attached rubric as a guide write a 2-4 page paper explaining and supporting the wellness behavior you chose. Due date _____
7. Using the attached rubric, create a display describing your wellness project. Due date _____
8. Develop a questionnaire that can be taken by others to assess their knowledge of your wellness behavior. Due date _____
9. On _____ there will be a Wellness Fair sponsored by your class. You will have the opportunity to present your displays and learn from others.
10. Complete the Wellness Project Self-Evaluation. Due date _____.

Step One: Identify one wellness behavior that you would like to change.

How to choose your wellness behavior?

- A. Consider the components of wellness.
- B. Evaluate the results of your wellness inventory.
- C. Most importantly, what change would make you feel better and happier?

Components of Wellness

SOCIAL

- Getting along with others
- Communication skills
- Honesty

PHYSICAL

- Drinking enough water
- Strength training
- Getting enough sleep
- Disease prevention
- Flexibility
- Nutrition
- Exercise

SPIRITUAL

- Finding meaning in your life
- Being true to yourself
- Treating others as you want to be treated

MENTAL & EMOTIONAL

- Getting organized
- Attitude adjustment
- Sense of humor

The Wellness Behavior I would like to change:

Wellness Inventory

Directions: Put a check before each statement that is true for you. Put an X on the behaviors you would like to change. Use as a guide to help you determine a wellness goal.

Nutritional Health

- I eat at least five servings of fruits and vegetables a day
- I eat breakfast daily
- I maintain a weight that is right for me
- I minimize my intake of saturated fats and trans-fatty acids
- I include "healthy fats" such as olive oil in my diet
- I eat fast food less than 2 times a week
- I drink at least 8 glasses of water a day



Physical Health/Safety

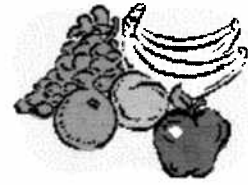
- I seldom feel tired or run down
- I get at least 8 hours of sleep a night
- My sleep is restful
- I do 20 to 30 minutes of aerobic exercise at least three times a week
- I do not smoke or use tobacco products
- I do not use alcohol or other drugs
- I have enough energy to do what I want to do
- I enjoy exercise
- I stretch before and after exercise
- I do some type of strength training 2-3 times a week
- I have good core strength
- I have strong abdominal muscles
- I wear a seat belt in cars and protective gear when bicycling or playing sports

Emotional Health/Awareness

- I feel good about myself
- When I make a mistake I learn from it
- I make decisions with a minimum of distress and worry
- I can relax my body and my mind
- I get along well with others
- I have fun every day
- I use my time well
- I am organized
- If I have a problem with someone, I try to work it out
- I accept responsibility for my actions
- I avoid dwelling on negative thoughts
- I do not get angry easily
- I am able to communicate effectively
- I can say no to friends if they ask me to do something I know is wrong or I don't want to do

Potential areas for improvement:

Step Two: Write a S.M.A.R.T. goal.



Be **SMART** about setting goals because a **S.M.A.R.T.** goal will increase your chances of having your goals met, and being who you want to be.

Let's work on making this goal **SMART**: *I will eat healthy.*

- S: Specific** The clearer you are about what you want to do, the better your chances of success.
I will eat fruits and vegetables.
- M: Measureable** Lets you know how you have met your goal
I will eat five fruits and vegetables.
- A: Attainable** It needs to be something within your reach.
- R: Realistic** Would it be realistic to say, "I will never eat junk food again?" or, "I will eat perfectly?"
- T: Timed** Time frames provide clarity.
I will eat five fruits and vegetables every day.

There you have it, a SMART goal, one that is specific, measureable, realistic, and timed!

Which one of these is a smart goal?

1. I will be organized? or
2. I will use my student planner to write down all my school assignments.

If you said the second one, you are catching on.

Now it's your turn.

Write a SMART goal for the wellness behavior you have chosen.

Step Three: Develop a plan of action to meet your wellness goal.

There are many ways to meet your goals; however, it needs to work for you. Consider the following to help you develop your action plan.

- What? This is your goal.
- Where? If you plan to work out can it be at school, at a gym, or in your own home?
- When? This is very individual. Choose a time that works for you. Also decide how often.
- How? These are the specific actions to meet your goal. Think about what specific steps you need to take.
- Why? Your plan and goal need to be personally important to do, and you will have increased chances for success.

Tips:

**Outline the steps needed to achieve your goal.
Consider possible blocks and ways of dealing with them.
Take baby steps; don't try to do too much at once.**

Step Four: Implement your plan.

Time to get moving!



Step Five: Create an evaluation tool to chart weekly progress.

An evaluation tool is your way to keep a record of your progress. It can be a calendar, journal, checklist or chart.

Here is a simple example.

I will run for 20 minutes 3 times a week.

My running log

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 minutes	Rained	10 minutes	20 minutes	Forgot	Too cold	20 minutes
Too tired	25 minutes, felt great	30 minutes	Too sore!	Rested	20 minutes	20
Day off	-----	-----	-----	10	10	worked

got a new job, got busy!





Step Six:

Write a 2-4 page paper explaining why you chose the behavior.

Essential elements:

- Clearly define the wellness behavior.
- Include information about the benefits of changing the behavior. How it would improve your health or quality of life.
- Discuss what diseases or problems could occur as a result of not making the change.
- Explain on a personal level why you chose this goal, and what you hope to obtain.
- Include at least three current sources.

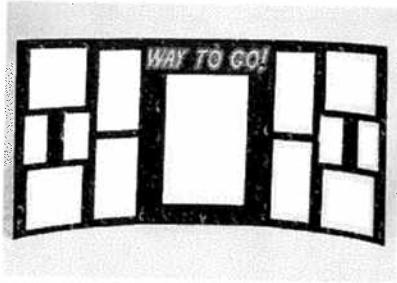
Your paper will be graded using the attached rubric.

Research Report Rubric

Student Name: _____

CATEGORY	Excellent 4-3.7	Good 3.6-3.2	Fair 3.1-2.8	Poor 2.7-2.5	Totals
Defines the wellness behavior and why the behavior was chosen	The Wellness goal is clearly defined and there is a clear explanation on a personal level why this goal was chosen.	The Wellness goal is defined, lacks detail. There is a brief explanation of why the goal was chosen.	The Wellness goal is confusing or unclear. It is not quite clear why the goal was chosen.	The Wellness goal is not identified. There is no explanation about why the goal was chosen.	_____ 7.5= _____ X
Benefits explained and supported by data.	There are at least three Essential benefits of meeting the goal and changing the behavior. How it would improve health or quality of life is well explained and supported by data.	One or two benefits of the wellness goal are explained and supported by data.	The benefits of the goal are explained, but are based solely on opinion.	No benefits of the goal are explained.	_____ 6.25= _____ X
Related diseases and problems	There is a detailed explanation of what diseases or problems could occur as a result of not making the change.	There is a brief explanation of what diseases or problems can occur as a result of not making the change.	Diseases or problems that can occur are listed but not explained.	Diseases or problems are not addressed.	_____ 6.25= _____ X
Mechanics	No grammatical, spelling or punctuation errors.	Almost no grammatical, spelling or punctuation errors	A few grammatical spelling, or punctuation errors.	Many grammatical, spelling, or punctuation errors.	_____ 2.5= _____ X
Sources	All sources (information and graphics) are accurately documented in the desired format. There are written as well as internet sources.	All sources (information and graphics) are accurately documented, but a few are not in the desired format. There are three sources, but they are all electronic.	All sources (information and graphics) are accurately documented, but many are not in the desired format. Less than three sources are used.	There is 1 source cited.	_____ 2.5= _____ X
Totals	100-90 A	89-80 B	79-70 C	69-60 D	Total= _____

Step Seven: Create a Display about your Wellness Project.



The display should have the following elements and will be graded according to the display rubric.

Required elements:

- Clear title
- Three or more relevant graphics
- Health benefits of the wellness behavior
- A glossary of at least 10 words
- Attractive, neat, correct use of grammar and spelling
- You will also be evaluated on a presentation to the class

Step Seven: Display and Presentation Rubric

Category	Excellent 4-3.7	Good 3.6-3.2	Fair 3.1-2.8	Poor 2.7-2.5	Total
Content for verbal presentation <ul style="list-style-type: none"> Evidence of preparation Understands terminology used Has good grasp of information 	Evidence of in depth knowledge and preparation. Able to answer all questions.	Evidence of good knowledge and preparation. Able to answer most questions accurately.	Some preparation, Knowledge lacked dept. Can answer some questions.	No evidence of preparation, unable to answer questions.	_____X6.25
Required elements <ul style="list-style-type: none"> Clear title Relevant Graphics Health Benefits clear Information about body system affected and potential diseases Glossary of 10 words included 	All required elements are present.	One required element is missing.	Two required elements are missing.	Three or more required elements are missing.	_____X7.5
Quality of display <ul style="list-style-type: none"> Attractive Neat Good use of color 	Extremely attractive and neat Good use of color	Very attractive and neat, could make it a little neater	Somewhat messy, layout is crowded or too open, not even spaced,	Very messy Poor use of color Poor layout A lot of room for improvement	_____X6.25
Grammar and Spelling					_____X2.5
Time limit for Verbal Presentation	Presentation follows guidelines 8-9 minutes	Presentation is over or under 1-2 minutes	Presentation is over or under by 3 minutes	Presentation is under 3minutes.	_____X2.5
Totals	90-100 A	89-89 B	79-70 C	69-60 D	



Step Eight: Using information about your wellness behavior, develop a questionnaire.

Your questionnaire will be used at the wellness fair. It can either be used to teach the participant something about your goal, or measure their wellness quotient.

Limit it to no more than 10 questions. They should be relatively simple. Answers should be provided, as well as a scoring system.

Here is a simple example.

Test your nutrition knowledge:

1. The following fruits are an excellent source of Vitamin C.
 - a. Oranges
 - b. Strawberries
 - c. Cantaloupe
 - d. Grapefruit
 - e. All of the above

If you answered E you are correct. There are many fruits that provide Vitamin C.

2. The only way to get calcium is to drink milk or eat dairy products.
True or False

False! There are many other sources of dairy including tofu, almonds, and broccoli. However, dairy products remain the best source of calcium.

Step Nine: Wellness Fair



Come learn about
Stress Management

Exercise

Strength Training

Water

Yoga

Anger Management

Money Management

Nutrition

Meditation

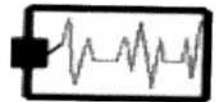
Exercise

Emotions

body fat analysis

Cardiac risk assessment

and more!!!



Wellness Fair

and

Health Screenings

May 17 10am-1pm Old Gym

*Made possible by a grant from The Harford County Cancer and Tobacco Community Coalition

Step Ten: Self-Evaluation of Wellness Project



Evaluate your wellness project:

- Include what you liked about the process and what you would do differently.
- Was your project was a success?
- Did you meet your goal? Why or why not?
- Will you continue to work towards this goal?
- Do you have any other comments?

"The Wellness Project" is an integrated project involving many learning dimensions culminating in a community wide Wellness Fair. This project received a Curriculum Award from the Harford County Public School System. Participants will receive "the wellness project" including rubrics and resources.