

Personal Health & Wellness Plan

Name: _____ **Date:** _____

LEARNING OBJECTIVE

The student will assess their current health habits and design a realistic, balanced personal wellness plan.

MATERIALS NEEDED

- paper
- pencil
- ruler
- colored pencils

HANDS-ON ACTIVITY

1. Track your habits for one day (or recall yesterday accurately) in 4 categories: sleep hours, physical activity minutes, water/food intake, and screen time.
2. Compare your tracked numbers to recommended guidelines for teens (e.g., 8-10 hours sleep, 60 minutes physical activity) and note any gaps.
3. Create a weekly wellness plan chart divided into 7 days, with a ruler, listing one specific, realistic goal per day in at least 2 of the 4 categories.
4. Choose one new healthy habit to try this week and write a specific, measurable plan for it (what, when, how much).
5. Color-code your wellness chart by category (sleep, activity, nutrition, screen time) using colored pencils.

QUESTIONS

1. **What were your tracked numbers for sleep, activity, and screen time on the day you recorded?**
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2. **Which category showed the biggest gap between your actual habits and the recommended guideline?**
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3. **What new healthy habit did you choose to try, and what is your specific, measurable plan for it?**

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- 4. Why is it more effective to set specific, measurable goals (like '30 minutes of activity') rather than vague ones (like 'exercise more')?**
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