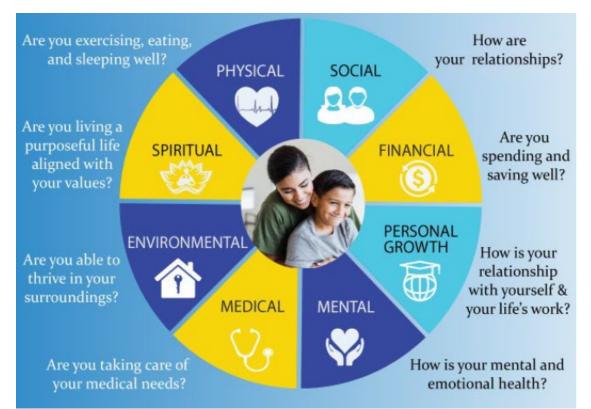
TOTAL WELLNESS ASSESSMENT & ACTION PLAN

Rate how you feel you are managing in each wellness domain from 1 (poorly) to 10 (excellently). Use the questions as prompts.





Category	Rating (1-10)	Why?
Social		
Financial		
Personal Growth		
Mental		
Medical		
Environmental		
Spiritual		
Physical		

Now complete the Balance Check and Goals/Action Plan sections to improve your overall health. Don't forget to rely on your DAFB resources for help!

Balance Check				
Top successful categories:				
Why successful?				
Top categories of concern:				
Why concerning?				
Which one is most achievable to address right now?				
What would make it a 10?				
What help/support might you need?				
Goals/Action Plan (Use SMART* Goals)				
GOAL(s):				
Action Plan:				
What Strategies or resources may help me achieve my goal(s)?	*Is it SMART? Let's check:			
	Specific (Clear and Detailed)			
What challenges/barriers do I need to overcome?	Measurable (Set a standard to which you can prove the goal has been accomplished)			
What is my back-up plan if those challenges occur?	Attainable (Not too much of a stretch but still a challenge)			
NA/lo a /NA/lo art will a unin a rt no a 2	Relevant (Pertains to the Priority Behavior)			
Who/What will support me?	Timebound (Set deadlines by which you will accomplish the goal)			
How may I reward myself? (If you think that will be motivational)				