# Application Activity: Wellness Plan

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## Wellness Plan

Create a simple wellness plan to help you through the current term.  You will be setting goals for two different areas of health from those that were discussed in the lesson material: physical, spiritual, social and mental health. These goals should help you to be an even better online student.

As you set this goal, keep the steps of setting a SMART goal in mind:

**S**pecific: What exactly needs to be accomplished?

**M**easurable: How will you know you succeeded?

**A**ttainable: What resources do you have to help you reach this goal?

**R**elevant: How will it be meaningful to you?

**T**ime Bound: What is the deadline for you to complete your goal?

## Wellness Plan

Use this template to set two goals.  Remember to try to make them SMART goals!

* Choose **TWO** of these categories: physical, spiritual, social, mental health
* Fill in the prompts below with high-quality responses\*

\*Remember, a high-quality response means a developed response. This means it includes all of the following:

* Relevant to the prompt and spirit of the assignment
* Shows your thinking with a reasonable amount of depth

**Goal #1**

1. What is your first goal?Always study the scriptures at least three times a week and have daily prayers with my family.
   1. What is the category of the goal? Place an X on the appropriate line

\_\_\_Physical

\_X\_\_Spiritual

\_\_\_Social

\_\_\_Mental health

1. How does setting this goal help you improve your overall wellness as an online student? As an online student and as a busy father and husband it’s important for me to invite the spirit of the Lord to be a guide in my daily activities, I have also learnt the importance of starting and ending every day with the lord, this was the greatest lessons learnt from my mother, As taught by prophet Alma in Alma 37: 35-37.

**Goal #2**

1. What is your second goal?Daily exercise
   1. What is the category of the goal? Place an X on the appropriate line

\_X\_\_Physical

\_\_\_Spiritual

\_\_\_Social

\_\_\_Mental health

1. How does setting this goal help you improve your overall wellness as an online student? For me to complete all the tasks and set goals, it’s important that I will be physically fit. Doing few press up and abdominal exercises will not only help me stay fit but to also stay in shape.

**Save** this document with your name in the filename and follow the instructions in your course to submit it for grading and feedback.