# Application Activity: Wellness Plan

**Name:** Enter Name Here

## 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?Enter Goal Here
   1. What is the category of the goal? Place an X on the appropriate line

\_\_\_Physical

\_\_\_Spiritual

\_\_\_Social

\_\_\_Mental health

1. How does setting this goal help you improve your overall wellness as an online student? Enter Answer Here

**Goal #2**

1. What is your second goal?Enter Goal Here
   1. What is the category of the goal? Place an X on the appropriate line

\_\_\_Physical

\_\_\_Spiritual

\_\_\_Social

\_\_\_Mental health

1. How does setting this goal help you improve your overall wellness as an online student? Enter Answer Here

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