**PED 103 General Education CAT 9 Assessment**

1. **Personal Wellness Assessment**

**Please complete the personal wellness assessment by clicking on the link below. When you complete the assessment have the results emailed to you. Please save these results as a PDF file and submit them with your completed assessment.**

[Personal Wellness Survey](https://iu.co1.qualtrics.com/jfe/form/SV_9YzBjNwuS1hHnO5?_gl=1*1q3rwl0*_ga*NDQ3MzQzMDczLjE2ODI1MzA5MzI.*_ga_61CH0D2DQW*MTY4MjUzM)

1. **Complete a Personal Action Plan (PAP)**:
2. Identify an area of your wellness that you’d like to improve or needs improvement.
3. Identify the short and long-term consequences if you do not improve in this area(s)?
4. What will you do to improve your area of wellness and reduce your risk?
5. When will you implement it? What is your timeline to reach your goal(s)?
6. What will you use to measure outcomes? How will you determine if you’ve met your goal(s)?