

# My Health Blueprint

## Your Personal Health Plan for the Next 90 Days

Name: \_\_\_\_\_ Date: \_\_\_\_\_

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### Part 1: My Top 3 Health Goals

*Write these in simple, clear words that motivate you*

Goal 1: \_\_\_\_\_

Goal 2: \_\_\_\_\_

Goal 3: \_\_\_\_\_

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### Part 2: My Key Numbers Dashboard

*Choose 3-5 numbers you'll track regularly*

Metric	Current Average	Target Goal	How I'll Track
Sleep (hours/night)	_____	_____	<input type="checkbox"/> Phone app <input type="checkbox"/> Fitness tracker <input type="checkbox"/> Sleep diary
Steps (per day)	_____	_____	<input type="checkbox"/> Phone app <input type="checkbox"/> Fitness tracker <input type="checkbox"/> Manual count
Exercise (minutes/week)	_____	_____	<input type="checkbox"/> Fitness app <input type="checkbox"/> Calendar <input type="checkbox"/> Workout log
Energy Level (1-10 scale)	_____	_____	<input type="checkbox"/> Daily journal <input type="checkbox"/> Mood app <input type="checkbox"/> Notes
Other: _____	_____	_____	_____

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### Part 3: My 90-Day Action Plan

*Start small, build steadily*

#### Month 1 (Days 1-30): Foundation Building

Primary Focus: \_\_\_\_\_

- Week 1: \_\_\_\_\_
- Week 2: \_\_\_\_\_
- Week 3: \_\_\_\_\_

- **Week 4:** \_\_\_\_\_

**Success Target:** Complete this habit \_\_\_\_\_ days out of 30 (aim for 21+)

## Month 2 (Days 31-60): Building Momentum

**Primary Focus:** Keep Month 1 habit + add: \_\_\_\_\_

- **Week 5:** \_\_\_\_\_
- **Week 6:** \_\_\_\_\_
- **Week 7:** \_\_\_\_\_
- **Week 8:** \_\_\_\_\_

**Success Target:** Complete both habits \_\_\_\_\_ days out of 30 (aim for 22+)

## Month 3 (Days 61-90): Making It Stick

**Primary Focus:** Master both habits + add: \_\_\_\_\_

- **Week 9:** \_\_\_\_\_
- **Week 10:** \_\_\_\_\_
- **Week 11:** \_\_\_\_\_
- **Week 12:** \_\_\_\_\_

**Success Target:** Complete all habits \_\_\_\_\_ days out of 30 (aim for 24+)

\_\_\_\_\_

## Part 4: My Why Statement

*Why do these goals matter to you personally?*

**I want to improve my health because:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**When I achieve these goals, I will:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The most important benefit for me will be:

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## Part 5: My Support System

**My Health Buddy:** \_\_\_\_\_ (Someone from class who will check in with you weekly)

**How we'll stay connected:** ☐ Weekly text check-ins ☐ Monthly coffee/call to share progress ☐

Exercise together \_\_\_\_\_ times per month ☐ Share our tracking data ☐ Other:

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**My Family/Friends Support:**

- Who will encourage me: \_\_\_\_\_
- Who will exercise with me: \_\_\_\_\_
- Who I'll share my goals with: \_\_\_\_\_

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## Part 6: Obstacle Planning

*What might get in your way, and how will you handle it?*

**Potential Challenge 1:** \_\_\_\_\_ **My Plan:**

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**Potential Challenge 2:** \_\_\_\_\_ **My Plan:**

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**Potential Challenge 3:** \_\_\_\_\_ **My Plan:**

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**Emergency Plan (if I get off track):**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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## Part 7: Monthly Check-In Schedule

**Month 1 Review Date:** \_\_\_\_\_

- What's working well?
- What needs adjustment?
- Next month's focus?

**Month 2 Review Date:** \_\_\_\_\_

- Progress toward goals?
- Energy and motivation level?
- Any pattern discoveries?

**Month 3 Review Date:** \_\_\_\_\_

- Goal achievement assessment
  - Plan for next 90 days
  - Celebration of success!
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## Part 8: Resources & Tools

**Apps I'll Use:** ☐ \_\_\_\_\_ for \_\_\_\_\_ ☐  
\_\_\_\_\_ for \_\_\_\_\_ ☐ \_\_\_\_\_ for  
\_\_\_\_\_

**Equipment I Have:** ☐ Fitness tracker/smartwatch ☐ Scale ☐ Blood pressure monitor ☐ Other:  
\_\_\_\_\_

**Learning Resources:** ☐ Alumni community at [gro.witus.online](https://gro.witus.online) ☐ Health podcasts:  
\_\_\_\_\_ ☐ Books to read: \_\_\_\_\_ ☐ YouTube channels:  
\_\_\_\_\_

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## Part 9: Celebration Plan

*How will you reward yourself for achieving milestones?*

**Weekly Wins (small rewards):**  
\_\_\_\_\_

## Monthly Achievements (medium rewards):

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## 90-Day Success (big celebration):

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## Part 10: Next Steps Commitment

**I commit to:** ☐ Following this blueprint for 90 days ☐ Tracking my key numbers daily ☐ Checking in with my Health Buddy weekly ☐ Joining the alumni community at [gro.witus.online](https://gro.witus.online) ☐ Sharing my progress in the community forum ☐ Helping support other people on their health journeys

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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## Instructor Use - Grading Rubric

### Section Completion (50 points)

- All 10 parts completed thoroughly: 50 pts
- 8-9 parts completed: 40 pts
- 6-7 parts completed: 30 pts
- Under 6 parts: 20 pts

### Goal Quality (25 points)

- Specific, measurable, realistic goals: 25 pts
- Somewhat specific goals: 20 pts
- General goals: 15 pts
- Vague goals: 10 pts

### Action Plan Realism (25 points)

- Progressive, achievable plan: 25 pts
- Mostly realistic plan: 20 pts
- Somewhat ambitious plan: 15 pts
- Unrealistic plan: 10 pts

**Total: \_\_\_\_\_ / 100 points**

**Instructor Comments:**

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