

My Health Blueprint

Your Personal Health Plan for the Next 90 Days

Name: _____ Date: _____

Part 1: My Top 3 Health Goals

Write these in simple, clear words that motivate you

Goal 1: _____

Goal 2: _____

Goal 3: _____

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: _____	_____	_____	_____

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:

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: _____

My Family/Friends Support:

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

Part 6: Obstacle Planning

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

Potential Challenge 1: _____ **My Plan:** _____

Potential Challenge 2: _____ **My Plan:** _____

Potential Challenge 3: _____ **My Plan:** _____

Emergency Plan (if I get off track):

1. _____

2. _____

3. _____

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!
-

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 Health podcasts:
_____ Books to read: _____ YouTube channels:

Part 9: Celebration Plan

How will you reward yourself for achieving milestones?

Weekly Wins (small rewards):

Monthly Achievements (medium rewards):

90-Day Success (big celebration):

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 Sharing my progress in the community forum Helping support other people on their health journeys

Signature: _____ **Date:** _____

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:
