# 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?Spiritual
   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? Because I know If I work on strengthening my spiritual it will also help my physical and mental health to succeed in this journey I take in BYU pathway.

**Goal #2**

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

\_\_\_Physical

\_\_\_Spiritual

\_\_\_Social

\_x\_\_Mental health

1. How does setting this goal help you improve your overall wellness as an online student? Mental health is important to synchronized my physical activities. Because if my mental health is strong enough I can do all things and with the help of holy ghost as well as my prayer to the Lord.

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