



Wellness Plan Tool

Use the Wellnes Plan Tool to chart your own progress. It is the agreement with yourself that brings clarity to what you desire to accomplish and creates a reference for you and your coach. Your Well Life Vision is your destination. Think of this tool as a map to guide the way. www.realbalance.com

Date:			Name:			Coach:		
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Focus Area / GOAL	How ready are you?	Action Steps		Indicators of Success - How Much? How often?		will support you?	How will you communicate? Accountability	Your Notes
	please enter no. between 1 and 5	1		1				
		2		2				
		3		3				

Focus Area / GOAL	How ready are you?	Action Steps		Indicators of Success - How Much? How often?		Who or what will support you?	How will you communicate? Accountability	Your Notes
	please enter no. between 1 and 5	1		1				
		2		2				
		3		3				

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		2		2				
		3		3				

Comments:

Focus Area: What areas of your life do you want to improve? **Goals:** What do you want to accomplish to improve your Area of Focus?

How ready are you? How ready are you to make the changes you have identified. Rate your readiness on a 1-5 scale with 5 being the most ready.

Action Steps: Theses are the steps to take to achieve your goals.

Indicators of Success: These are the criterion you set to measure your success. How often? How far? How much time? And so forth.

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