

## Wellness Plan Tool

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

All aspects of our lives are connected and affect one another. As we work on our relationships the workplace feels the positive outcomes. As we build strength at the gym we also build confidence and inner fortitude to complete a job. Use the Wellness Map Form to chart your own success. It is the agreement with yourself that brings clarity to what you desire to accomplish and creates a reference for you and your coach. Use your Well Life Vision and Areas of Focus to guide the way.



WELLNESS MAPPING 360<sup>™</sup>  
METHODOLOGY

Name: \_\_\_\_\_ Coach: \_\_\_\_\_

Focus Area/ Goal	Readiness? (1-5 scale with 5 being the most ready)	Action Steps	Indicators of Success	Who will Support You?	Accountability	Completion
(Attain a healthy weight)		1.  2.  3.	1.  2.  3.			
		1.  2.  3.	1.  2.  3.			
		1.  2.  3.	1.  2.  3.			
		1.  2.  3.	1.  2.  3.			

### Comments:

**Focus Area:** What you want to change or accomplish?

**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:** The steps that will walk you to your desired change.

**Indicators of Success:** These are the mile markers along your path to reaching your desired changes and Well Life Vision