Welcome to the Wellness Project

Rationale: Members of the health care team have a responsibility to be positive role models to the clients that they serve. It is also well documented that employees who practice a wellness way of life have greater job satisfaction, better job performance, and less absenteeism.

GOAL: To identify and meet a personal wellness goal.

The process:
1. Identify one wellness behavior that you would like to change.
2. Write a S.M.A.R.T. goal (specific, measurable, attainable, realistic, timed) that will describe the behavior that you would like to change.
3. Develop a plan of action to meet the health plan.
4. Implement the plan
5. Create an evaluation tool to chart weekly progress.
6. Write a 2-4 page paper explaining the goal and the action plan.
7. Create a display explaining the goal and the action plan.
8. Using information about your wellness behavior, develop a questionnaire that can be taken by others.
9. On_______________, there will be a wellness fair sponsored by your class. Visitors will have an opportunity to view your displays and complete the questionnaires. You will present your displays, answer questions about them, and learn from the other projects.
10. Submit an evaluation of your project.

*Students have the right not to be embarrassed or share personal information. Goals will be discussed with the instructor on an individual basis.
Wellness Project
Student Organizer

1. Identify a wellness behavior that you would like to change.
   Topic ________________________ Approved ________________

2. Using the wellness behavior you chose, write a SMART goal.
   Due date ________________ Approved ________________

3. Develop and implement a plan of action to meet the goal.
   Due date ________________

4. Implement the plan.

5. Create an evaluation tool to chart weekly progress.
   Date started: ________________
   Week 1 __________
   Week 2 __________
   Week 3 __________

6. Using the attached rubric as a guide write a 2-4 page paper explaining and supporting the wellness behavior you chose. Due date ________________

7. Using the attached rubric, create a display describing your wellness project. Due date ________________

8. Develop a questionnaire that can be taken by others to assess their knowledge of your wellness behavior. Due date ________________

9. On _______________________ there will be a Wellness Fair sponsored by your class. You will have the opportunity to present your displays and learn from others.

10. Complete the Wellness Project Self-Evaluation. Due date ________________
Step One: Identify one wellness behavior that you would like to change.

How to choose your wellness behavior?
A. Consider the components of wellness.
B. Evaluate the results of your wellness inventory.
C. Most importantly, what change would make you feel better and happier?

Components of Wellness

SOCIAL
- Getting along with others
- Communication skills
- Honesty

PHYSICAL
- Drinking enough water
- Strength training
- Getting enough sleep
- Disease prevention
- Flexibility
- Nutrition
- Exercise

SPIRITUAL
- Finding meaning in your life
- Being true to yourself
- Treating others as you want to be treated

MENTAL & EMOTIONAL
- Getting organized
- Attitude adjustment
- Sense of humor

The Wellness Behavior I would like to change:
Wellness Inventory

Directions: Put a check before each statement that is true for you. Put an X on the behaviors you would like to change. Use as a guide to help you determine a wellness goal.

Nutritional Health

_____ I eat at least five servings of fruits and vegetables a day
_____ I eat breakfast daily
_____ I maintain a weight that is right for me
_____ I minimize my intake of saturated fats and trans-fatty acids
_____ I include “healthy fats” such as olive oil in my diet
_____ I eat fast food less than 2 times a week
_____ I drink at least 8 glasses of water a day

Physical Health/Safety

_____ I seldom feel tired or run down
_____ I get at least 8 hours of sleep a night
_____ My sleep is restful
_____ I do 20 to 30 minutes of aerobic exercise at least three times a week
_____ I do not smoke or use tobacco products
_____ I do not use alcohol or other drugs
_____ I have enough energy to do what I want to do
_____ I enjoy exercise
_____ I stretch before and after exercise
_____ I do some type of strength training 2-3 times a week
_____ I have good core strength
_____ I have strong abdominal muscles
_____ I wear a seat belt in cars and protective gear when bicycling or playing sports

Emotional Health/Awareness

_____ I feel good about myself
_____ When I make a mistake I learn from it
_____ I make decisions with a minimum of distress and worry
_____ I can relax my body and my mind
_____ I get along well with others
_____ I have fun every day
_____ I use my time well
_____ I am organized
_____ If I have a problem with someone, I try to work it out
_____ I accept responsibility for my actions
_____ I avoid dwelling on negative thoughts
_____ I do not get angry easily
_____ I am able to communicate effectively
_____ I can say no to friends if they ask me to do something I know is wrong or I don’t want to do

Potential areas for improvement:
Step Two:
Write a S.M.A.R.T. goal.

Be **SMART** about setting goals because a **S.M.A.R.T.** goal will increase your chances of having your goals met, and being who you want to be.

Let’s work on making this goal **SMART:**  *I will eat healthy.*

**S:** Specific  
The clearer you are about what you want to do, the better your chances of success.  
*I will eat fruits and vegetables.*

**M:** Measureable  
Lets you know how you have met your goal  
*I will eat five fruits and vegetables.*

**A:** Attainable  
It needs to be something within your reach.

**R:** Realistic  
Would it be realistic to say, “I will never eat junk food again?” or, “I will eat perfectly?”

**T:** Timed  
Time frames provide clarity.  
*I will eat five fruits and vegetables every day.*

There you have it, a **SMART** goal, one that is specific, measureable, realistic, and timed!

**Which one of these is a smart goal?**

1. I will be organized? or
2. I will use my student planner to write down all my school assignments.

If you said the second one, you are catching on.

Now it’s your turn.

Write a **SMART** goal for the wellness behavior you have chosen.
Step Three: Develop a plan of action to meet your wellness goal.

There are many ways to meet your goals; however, it needs to work for you. Consider the following to help you develop your action plan.

- What? This is your goal.
- Where? If you plan to work out can it be at school, at a gym, or in your own home?
- When? This is very individual. Choose a time that works for you. Also decide how often.
- How? These are the specific actions to meet your goal. Think about what specific steps you need to take.
- Why? Your plan and goal need to be personally important to do, and you will have increased chances for success.

Tips:
Outline the steps needed to achieve your goal.
Consider possible blocks and ways of dealing with them.
Take baby steps; don’t try to do too much at once.

Step Four: Implement your plan.

Time to get moving!
Step Five: Create an evaluation tool to chart weekly progress.

An evaluation tool is your way to keep a record of your progress. It can be a calendar, journal, checklist or chart.

Here is a simple example.

I will run for 20 minutes 3 times a week.

My running log

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 minutes</td>
<td>Rained</td>
<td>10 minutes</td>
<td>20 minutes</td>
<td>Forgot</td>
<td>Too cold</td>
<td>20 minutes</td>
</tr>
<tr>
<td>Too tired</td>
<td>25 minutes, felt great</td>
<td>30 minutes</td>
<td>Too sore!</td>
<td>Rested</td>
<td>20 minutes</td>
<td>20</td>
</tr>
<tr>
<td>Day off</td>
<td>---------</td>
<td>--------</td>
<td>----------</td>
<td>10</td>
<td>10</td>
<td>worked</td>
</tr>
</tbody>
</table>

got a new job, got busy!
Step Six:
Write a 2-4 page paper explaining why you chose the behavior.

Essential elements:

• Clearly define the wellness behavior.

• Include information about the benefits of changing the behavior. How it would improve your health or quality of life.

• Discuss what diseases or problems could occur as a result of not making the change.

• Explain on a personal level why you chose this goal, and what you hope to obtain.

• Include at least three current sources.

Your paper will be graded using the attached rubric.
# Research Report Rubric

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>Excellent 4.3-7</th>
<th>Good 3.6-3.2</th>
<th>Fair 3.1-2.8</th>
<th>Poor 2.7-2.5</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Defines the wellness behavior and why the behavior was chosen</td>
<td>The Wellness goal is clearly defined and there is a clear explanation on a personal level why this goal was chosen.</td>
<td>The Wellness goal is defined, lacks detail. There is a brief explanation of why the goal was chosen.</td>
<td>The Wellness goal is confusing or unclear. It is not quite clear why the goal was chosen.</td>
<td>The Wellness goal is not identified. There is no explanation about why the goal was chosen.</td>
<td>______ X 7.5=</td>
</tr>
<tr>
<td>Benefits explained and supported by data.</td>
<td>There are at least three Essential benefits of meeting the goal and changing the behavior. How it would improve health or quality of life is well explained and supported by data.</td>
<td>One or two benefits of the wellness goal are explained and supported by data.</td>
<td>The benefits of the goal are explained, but are based solely on opinion.</td>
<td>No benefits of the goal are explained.</td>
<td>______ X 6.25=</td>
</tr>
<tr>
<td>Related diseases and problems</td>
<td>There is a detailed explanation of what diseases or problems could occur as a result of not making the change.</td>
<td>There is a brief explanation of what diseases or problems can occur as a result of not making the change.</td>
<td>Diseases or problems that can occur are listed but not explained.</td>
<td>Diseases or problems are not addressed.</td>
<td>______ X 6.25=</td>
</tr>
<tr>
<td>Mechanics</td>
<td>No grammatical, spelling or punctuation errors.</td>
<td>Almost no grammatical, spelling or punctuation errors.</td>
<td>A few grammatical spelling, or punctuation errors.</td>
<td>Many grammatical, spelling, or punctuation errors.</td>
<td>______ X 2.5=</td>
</tr>
<tr>
<td>Sources</td>
<td>All sources (information and graphics) are accurately documented in the desired format. There are written as well as internet sources.</td>
<td>All sources (information and graphics) are accurately documented, but a few are not in the desired format. There are three sources, but they are all electronic.</td>
<td>All sources (information and graphics) are accurately documented, but many are not in the desired format. Less than three sources are used.</td>
<td>There is 1 source cited.</td>
<td>______ X 2.5=</td>
</tr>
<tr>
<td>Totals</td>
<td>100-90 A</td>
<td>89-80 B</td>
<td>79-70 C</td>
<td>69-60 D</td>
<td>Total=</td>
</tr>
</tbody>
</table>
Step Seven: Create a Display about your Wellness Project.

The display should have the following elements and will be graded according to the display rubric.

Required elements:

- Clear title
- Three or more relevant graphics
- Health benefits of the wellness behavior
- A glossary of at least 10 words
- Attractive, neat, correct use of grammar and spelling
- You will also be evaluated on a presentation to the class
### Step Seven: Display and Presentation Rubric

<table>
<thead>
<tr>
<th>Category</th>
<th>Excellent 4-3.7</th>
<th>Good 3.6-3.2</th>
<th>Fair 3.1-2.8</th>
<th>Poor 2.7-2.5</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Content for verbal presentation</td>
<td>Evidence of in depth knowledge and preparation. Able to answer all questions.</td>
<td>Evidence of good knowledge and preparation. Able to answer most questions accurately.</td>
<td>Some preparation, Knowledge lacked dept. Can answer some questions.</td>
<td>No evidence of preparation, unable to answer questions.</td>
<td>X6.25</td>
</tr>
<tr>
<td>Required elements</td>
<td>All required elements are present.</td>
<td>One required element is missing.</td>
<td>Two required elements are missing.</td>
<td>Three or more required elements are missing.</td>
<td>X 7.5</td>
</tr>
<tr>
<td>Quality of display</td>
<td>Extremely attractive and neat Good use of color</td>
<td>Very attractive and neat, could make it a little neater</td>
<td>Somewhat messy, layout is crowded or too open, not even spaced,</td>
<td>Very messy Poor use of color Poor layout A lot of room for improvement</td>
<td>X6.25</td>
</tr>
<tr>
<td>Grammar and Spelling</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X2.5</td>
</tr>
<tr>
<td>Time limit for Verbal Presentation</td>
<td>Presentation follows guidelines 8-9 minutes</td>
<td>Presentation is over or under 1-2 minutes</td>
<td>Presentation is over or under by 3 minutes</td>
<td>Presentation is under 3 minutes.</td>
<td>X2.5</td>
</tr>
<tr>
<td>Totals</td>
<td>90-100 A</td>
<td>89-89 B</td>
<td>79-70 C</td>
<td>69-60 D</td>
<td></td>
</tr>
</tbody>
</table>
Step Eight: Using information about your wellness behavior, develop a questionnaire.

Your questionnaire will be used at the wellness fair. It can either be used to teach the participant something about your goal, or measure their wellness quotient.

Limit it to no more than 10 questions. They should be relatively simple. Answers should be provided, as well as a scoring system.

Here is a simple example.

Test your nutrition knowledge:

1. The following fruits are an excellent source of Vitamin C.
   a. Oranges
   b. Strawberries
   c. Cantaloupe
   d. Grapefruit
   e. All of the above
   If you answered E you are correct. There are many fruits that provide Vitamin C.

2. The only way to get calcium is to drink milk or eat dairy products. 
   True or False

   False! There are many other sources of dairy including tofu, almonds, and broccoli. However, dairy products remain the best source of calcium.
Step Nine: Wellness Fair

Come learn about
Stress Management
Exercise
Strength Training
Water
Yoga
Anger Management
Money Management
Meditation
Nutrition
Emotions
body fat analysis
Exercise
Cardiac risk assessment
and more!!!

Wellness Fair
and
Health Screenings
May 17 10am-1pm Old Gym

*Made possible by a grant from The Harford County Cancer and Tobacco Community Coalition
Step Ten: Self-Evaluation of Wellness Project

Evaluate your wellness project:
- Include what you liked about the process and what you would do differently.
- Was your project a success?
- Did you meet your goal? Why or why not?
- Will you continue to work towards this goal?
- Do you have any other comments?
"The Wellness Project" is an integrated project involving many learning dimensions culminating in a community wide Wellness Fair. This project received a Curriculum Award from the Harford County Public School System. Participants will receive "the wellness project" including rubrics and resources.