**Individual Wellness Plan**



**My**

People who are successful at making lifestyle changes take time to write out a specific goals and a plan of action. Use this work sheet to write out your goals and action plans. Review the various area of your health. Decide in which areas you would like to make improvement. List your present situation and specify your goals (what you want to accomplish) in measurable terms.

Keep track of your progress. Review your goals regularly. Get help from others as needed.

We will track the following in the IWP for each individual

Weight

Healthy Eating

Physical Activity

Stress and Coping

Positive Environments

Addictive Behavior

Spiritual Health

Other

As IWP are developed goals and program planning concepts can grow to accommodate the needs of an individual or a group of persons served.

Example: if everyone has a healthy eating goal and some others have a desire to garden, several opportunities can stem from these core goals. We can develop a gardening club, kitchen crew to prepare healthy lunches and potentially attend farmers markets in the summer. Several goals can be met from this coordinated effort and many opportunities open up.

Suggestions on ways to begin to develop IWP with your individuals. You can hold group brain storming sessions with participants just as you do DSWP staff. You can also set with each individual and take their current service plan and pull information from it do incorporate objectives that are part of their core areas.

Remember to compile your lists for further consideration for group as well as individual core area brainstorming and goal setting. Action steps in the IWP can aide in program development and person centered program planning.