

Wellness Improvement Plan

As we explore the various areas of your wellness, use this tool to take notes and name your next steps. Friendly reminder: the small steps are the big steps!!!

SELF

SLEEP

MOVE

FUEL

GROW

My Next Step(s)

SOCIAL

INNER CIRCLE

COMMUNITY

RECHARGE

My Next Step(s)

SCHOOL

COACH/COUNSELOR

BUDDY BENCH

END OF DAY ENERGY

My Next Step(s)

SALSA

LAUGHTER

NATURE

YOUR THING

My Next Step(s)