

Mind and Body Wellness Plan

Date: _____

MIND:

What are you going to do this week to create a healthy mind?

BODY:

What are you going to do this week to create a healthy body?

Personal goal for this week: _____

Triggers to avoid: _____

Coping skills to use: _____

End-of-the-week review. Please rate each of the following from 1 (not successful) to 5 (very successful):

Working toward my personal goal	1	2	3	4	5
Avoiding triggers	1	2	3	4	5
Using coping skills	1	2	3	4	5
Bettering my mind and body	1	2	3	4	5