

## Wellness Journal (100 points possible)

Over the course of this semester you will be making weekly (or more frequent) entries into a Wellness Journal (either a separate notebook you choose to use or loose leaf papers that you hand in).

This journal is a record of the personal responses you have to the topics and questions presented in class, as well as to the other assignments and activities.

The journal entries should also reflect your efforts to work on attempting to change or improve on your fitness behaviors. Such behaviors may include: fitness workouts, your lifestyle activities, your nutrition and diet changes, and your attempts at changing any other health behaviors.

You will be documenting your challenges, successes and failures, what have you learned, and what will you do next.

The journal entries may take a variety of forms, such as reflections on health publications, personal nutrition plans, a weekly workout routines, healthy balanced meal menus, etc.

Your final wellness journal entry is to be a short summary of the “6 Aspects of Wellness” applied to your own life (see description below). It will also include a section in which you indicate several short term (days or weeks), intermediate (months), and long term (years) health/wellness goals.

The Wellness Journal is due the last week of class, one week prior to the final exam.

### ***“6 Aspects of Wellness”***

Use the 6 Aspects of Wellness (Social, Occupational, Spiritual, Physical, Intellectual, and Emotional) and evaluate your own personal wellness. Look at your current situation as a student (you can include comments as to the past and how things have changed in a positive or negative way).

Rate each of the 6 aspects on a scale of 1 to 10, with 1 being “very poor”, and 10 being “couldn’t be better”.

Aspects to cover:

*Social:* family relationships, friends, and community.

Caring and healthy relationships in your life; social network, such as what clubs and/or organizations you belong to; housing situation; level of interdependence, to what degree are willing to accept and give help to other people; positive interactions with your community (e.g. volunteer work).

*Occupational:* as a student, in a part time job, future calling or future aspirations.

*Spiritual:* comment on interaction of the physical and spiritual aspects of your life, how you “feed” yourself spiritually; prayer, worship, study, thinking time, view of God.

*Physical:* eating habits, clothing, exercise, sports involvement, leisure activities.

*Intellectual:* how you “feed” your mind (inside/outside of school); critical thinking; problem solving; ability to find resources.

*Emotional:* support network, stress sources and resources, pressures, what makes you anxious, are you prone to depression, self-concept, self-control.