

CONTRACT FOR A HEALTHY LIFE PROJECT WRAP-UP:



__ Step 1: Retake your Wellness Survey.

__ Step 2: Complete 2nd column of “My Wellness Survey Results” page (*analyzing pre-post results*).

__ Step 3: Complete the 2nd pie and bar graphs using new results and same color scheme.

__ Step 4: Ask support person to complete evaluation sheet.

__ Step 5: Answer the personal reflection questions.

__ Step 6: Attach at least one sample measuring tool.

__ Step 7: Create a cover page with title, student name and period

__ Step 8: Staple together the following (in this order):

- Cover page
- My Wellness Survey Results worksheet
- Graphs: Before and after graphs
- Answers to the reflection questions
- Signed & completed Support Person Evaluation
- Sample measuring tool(s)
- Grading Sheet with student column completed

Due

	ABOVE EXPECTATION	MEETS EXPECTATION	BELOW EXPECTATION	Student	Teacher
Project Content: "Putting it all together" <i>0-10 POINTS</i>	Has beyond all the requires elements - Decorative/creative Cover Page - Pre-post bar and pie graphs (4) with proper color coding - My Wellness Survey Results worksheet (both columns completed) - Personal Reflection Questions - Signed & completes Support Person Evaluation - Sample Measuring Tools (2 or more) - Completed student column of grading sheet <i>10 POINTS</i>	Has the requires elements - Cover Page - Pre-post bar or pie graphs (2) - Survey results worksheet - Personal Reflection Questions - Support Person Evaluation - Sample Measuring Tool - Grading sheet <i>8 POINTS</i>	Lacks 2 or more of the following requirements: - Cover Page - Pre-post bar or pie graphs - Survey results worksheet - Personal Reflection Questions - Support Person Evaluation - Sample Measuring Tool - Grading sheet <i>6-0 POINTS</i>		
Personal Reflection Questions	Format: Complete full sentence answers with a minimum of 3 sentences per question. Content: Demonstrates an ability to reflect and assess own level of wellness. Demonstrates a strong understanding of balancing one's physical, mental and spiritual health, daily requirements and goal setting. Demonstrates conviction and desire to make healthful choices. <i>80-72 POINTS</i>	Format: Complete full sentence answers with a minimum of 2 sentences per question. Content: Demonstrates a good understanding of personal project's connection to wellness, the balancing of one's health and goal setting. <i>72 - 56 POINTS</i>	Format: Incomplete sentences and/or less than 2 sentences per question. Content: Insufficient or inaccurate connections of personal project to wellness, the balancing of one's health and goal setting. <i>55-0 POINTS</i>		
Format and Effort <i>0-10 POINTS</i>	Shows excellent organization, effort and preparation. - On time -Has minimal grammar and spelling -Neat, easy to read and/or has extra elements -All pages fastened together and in order -Completed student column of grading sheet <i>10 – 8 POINTS</i>	Shows a good degree of effort and preparation. - On time - Shows a degree of proof reading and organization - Neat and easy to read - Pages stapled together in order <i>7-6 POINTS</i>	Shows minimal effort in preparation or presentation of final product. - Turned in late -Shows little to no evidence of proof reading and organization - Messy and/or difficult to read <i>5-0 POINTS</i>		

CONTRACT FOR A HEALTHY LIFE PROJECT GRADING SHEET

Student's Name: _____ Per: _____

Final Score= _____

Final Grade= _____

CONTRACT FOR A HEALTHY LIFE
Support Person Final Evaluation

Student's Name: _____

Support Person's Name: _____

- 1. Please briefly describe what you understood to be the student's goal, and whether in your opinion he/she was successful?**

- 2. Any suggestions for the student on how his/her project could have been more successful?**

- 3. Please describe an attribute or strength that the student exhibited:**

- 4. Did you enjoy your involvement in this activity? Why? Or why not?**

*I thank you for supporting this student on his/her beginning journey to a better balanced life of health and wellness. * Please sign below. **

Signed: _____ Date: _____

CONTRACT FOR A HEALTHY LIFE

Personal Reflection Questions

Directions: To fully reflect and demonstrate your learning handwrite neatly or type the requested information on a separate page, in full sentences and be sure to have a minimum of 3 sentences.

10 points per question =80 POINTS TOTAL

(Hint: use the subsidiary questions to fully develop your thoughts).

- 1. Restate your goal and how you thought it was going to benefit you.** *(What area of health and daily requirements did you work on and why? What was the change or changes you wanted to make and why did you want or need to change?) Use answers from Contract Form #1-3.*
- 2. Restate your plan: describe what behaviors you were going to track and how you tracked them. Also explain why you choose these specific behaviors.** *(What specific behaviors did you target and why did you choose these ones? How did you track them? Did you do it daily or only weekdays?) Use answers from Contract Form #4 & 5.*
- 3. Explain whether you feel you achieved your goal or not. Be sure to include details and examples to support your opinion.** *(Were you successful? What benefits did you experience? How do you know you were successful? Did others notice any changes? (If not, what could you have done that might have helped you be more successful?)*
- 4. Analyze your survey results (graphs and My Wellness Survey Results worksheet). Be sure to give specific scores/numbers and include goal areas as well as any other areas of change.** *(Did your survey scores show improvement? Which health areas and daily requirements changed, what did you expect and do you agree with the results?)*
- 5. Analyze the impact of your support person on your project and level of success.** *(Did you choose the best person? Did you use the person as much as you could? Was the person helpful? Why or why not? Did this project change your relationship in any way?)*
- 6. What did you like the most about this project? Why?**
- 7. What was the hardest part of this project? Why?**
- 8. Describe the most important thing or things you have learned from doing this project.** *(Did you learn about goal setting in general or your specific goal and plan? Has this project had any lasting effects on you?)*