# Sample Rubric for Assessing the Design Elements of a Wellness Action Plan of Stress Management and Physical Activity and Fitness

| Element of Action Plan | Less Effective (Rating of 1) | Somewhat Effective (Rating of 2) | More Effective (Rating of 3) |
|---|---|---|---|
| **What** | Plan includes a statement of what is to be done. | Plan includes a goal statement about Stress Management or Physical Activity and Fitness that is clear, specific, measurable, and attainable. | Plan includes a goal statement about Stress Management that is clear, specific, measurable, and attainable. Also included is the original or refined goal statement about Physical Activity and Fitness. |
| **When** | Plan includes start date and end date. | Plan includes start date, end date, and at least the first check-in date. | Plan includes start and end dates as well as check-in dates and celebration dates. Details are included about dates and times for each step of the action plan. |
| **Why** | Plan includes a vague explanation about benefits to be achieved. | Plan includes some details about benefits to be achieved by managing stress and/or increasing and/or maintaining physical activity. | Plan includes details regarding the combined benefits to be achieved related to Stress Management and Physical Activity and Fitness. |
| **Who** | Plan includes name of one support person. | Plan includes name of a teacher or another adult as well as the name of a peer support person. | Plan includes name of a teacher or another adult as well as name of a peer support person and name(s) of others who will be involved in the action plan involving two strands of wellness. |
| **How** | Plan includes a vague outline of how it is to be carried out. | Plan includes some details about what is to be done and a few details about overcoming potential barriers. | Plan includes a step-by-step outline of what is to be done to work toward and achieve the dual goals of Stress Management and Physical Activity and Fitness. Possible barriers or obstacles are listed along with ways they might be overcome. |
| **Where** | Plan includes a vague indication of where part of the action plan is to be carried out. | Plan includes scant details about where both strands of the action plan is being carried out. | Plan includes specific indication of exactly where each step of the dual goal action plan is to be carried out. |