

Suggested Rubric for Individualized Wellness Plans

• Includes patient's name and baseline data (gender, height, weight, limitations, medical history)	0	1	2	3	4	5
• Clearly explains patient's needs	0	1	2	3	4	5
• Thoroughly describes recommendations for improving body weight and body composition	0	1	2	3	4	5
• Lists appropriate activities to achieve ideal body weight and composition	0	1	2	3	4	5
• Proposes outcomes gained by patient who follows the recommended activities	0	1	2	3	4	5
• Summarizes what was learned from the project	0	1	2	3	4	5

KEY:

0 = made no attempt

1 = attempted, but not accurate OR only one element addressed

2 = attempted, but only partially accurate OR two elements addressed

3 = attempted, at least 50% accurate OR three elements addressed

4 = attempted, at least 75% accurate OR four elements addressed

5 = complete, at least 90% accurate, at least five elements addressed