

Wellness Map

A wellness map provides a focus for both client and health coach in planning and charting success (Arloski, 2014).

Use the following table to capture desired changes (for example, weight loss, exercise, smoking cessation, etc.), readiness for change, actions to be taken, and success indicators.

References

- Arloski, M. (2014). *Wellness Coaching for Lasting Lifestyle Change*. Duluth, MN: Whole Person Associates.

Dr. Jeremy Sutton

Target change	Readiness for change (1 - 5, where 1 is least and 5 is most ready)	Steps required:	Success indicators (markers on way to goal)	Support available	Obstacles to overcome	Successful completion
	1. 2. 3.	1. 2. 3.	1. 2. 3.			
	1. 2. 3.	1. 2. 3.	1. 2. 3.			
	1. 2. 3.	1. 2. 3.	1. 2. 3.			
	1. 2. 3.	1. 2. 3.	1. 2. 3.			
	1. 2. 3.	1. 2. 3.	1. 2. 3.			