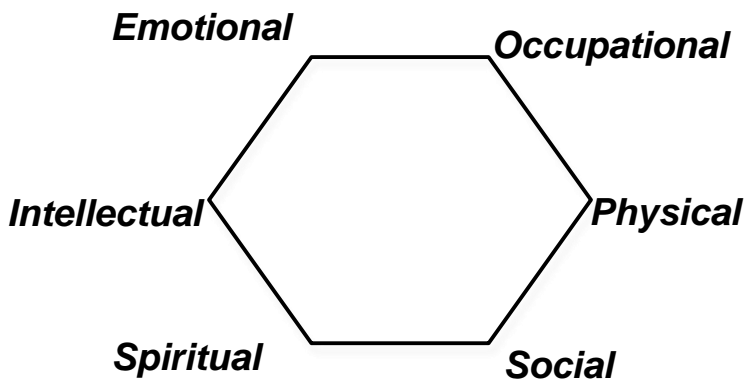


# Wellness Intervention Strategy Evaluation (WISE)

**W** What are 1-3 areas of WELLNESS that you think could be improved in your life? Circle them on the hexagon and list them next to the model.



1.) \_\_\_\_\_

2.) \_\_\_\_\_

3.) \_\_\_\_\_

**I** Brainstorm 1-3 INTERVENTIONS that can be done to improve overall wellness for each area. List them below.

1.) Wellness Area 1:

2.) Wellness Area 2:

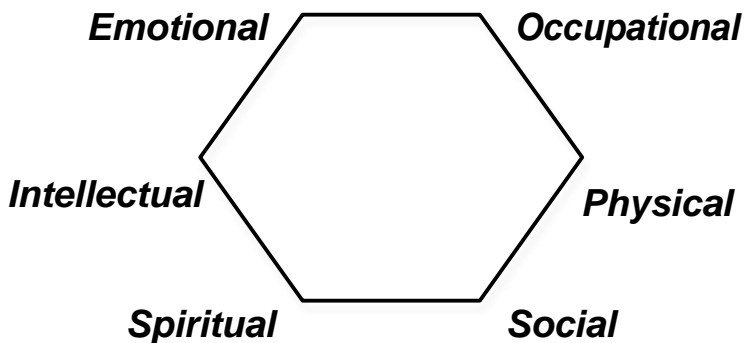
3.) Wellness Area 3:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**S** What interventions can be combined to SUSTAIN wellness? Draw a line connecting the wellness areas from above to another area in the hexagon. List 3 STRATEGIES for combining the connected areas.



Strategy 1.) \_\_\_\_\_

Strategy 2.) \_\_\_\_\_

Strategy 3.) \_\_\_\_\_

**E** How can you EVALUATE these wellness strategies? What worked and what didn't?