



PERSONALIZED HEALTH AND WELLNESS PLANNER 2020

TRC STARS Enhanced Healthcare Plan
Personalized For:

Wellness Vision:

Target Basic Needs: _____
Life Domain Score: _____
GOAL(s) (Three Month Goals)

MILESTONES (Weekly SMART Goals)

_____ Confidence Level: _____
_____ Confidence Level: _____

_____ BEST EXPERIENCE WITH GOAL/WHAT WAS LEARNED
_____ BEST EXPERIENCE WITH GOAL/WHAT WAS LEARNED

PROGRESS

Percentage of success: _____
Percentage of success: _____
Start Date: _____ Target Date: _____

FOLLOW UP:



TRC's STARS Enhanced Healthcare Plan Personalized For:

Target Physical Health: _____

Life Domain Score:

GOAL(s) (Three Month Goals)

MILESTONES (Steps along the way to completing the goal) (Weekly SMART Goals)

Confidence level:

Confidence level:

BEST EXPERIENCE/WHAT WAS LEARNED

PROGRESS

Percentage of success

Percentage of success

Start Date:

Target Date:

FOLLOW UP:



TRC's STARS Enhanced Healthcare Plan Personalized For:

Target Family/Social:

Life Domain Score:

GOAL(s) (Three Month Goals)

MILESTONES (Weekly SMART Goals)

Confidence level:

Confidence level:

BEST EXPERIENCE/WHAT WAS LEARNED:

PROGRESS

Percentage of success:

Percentage of success:

Start Date:

Target Date:

FOLLOW UP



TRC's STARS Enhanced Healthcare Plan Personalized For:

Target Mental Health: _____

Life Domain Score:

GOAL(s) (Three month goals)

MILESTONES (Weekly SMART goals)

Confidence level:

Confidence level:

BEST EXPERIENCE/WHAT WAS LEARNED

PROGRESS

Percentage of success:

Percentage of success:

Start Date:

Target Date:

FOLLOW UP



TRC's STARS Enhanced Healthcare Plan Personalized For:

Target Employment: _____

Life Domain Score: _____

GOAL (s) (Three month goals):

MILESTONES (Steps along the way to completing the goal)

Confidence level:

Confidence level:

BEST EXPERIENCE/WHAT WAS LEARNED:

PROGRESS

Percentage of success:

Percentage of success:

Start Date:

Target Date:

I agree and understand the above goals, point system for incentives, and premium reduction requirements for next year and will to do my best to accomplish the above mentioned goals.

Signature

Date
