



PERSONALIZED HEALTH AND WELLNESS PLANNER 2023

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:

Basic Needs

Physical Health

TRC STARS
Employee Wellness

Family & Social

Employment

Mental Wellness

Making a Difference in People's Lives®



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:

Making a Difference in People's Lives®

**Mental
Wellness**

Employment

**Basic
Needs**

**Physical
Health**

**Family &
Social**

**TRC STARS
Employee Wellness**



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

Making a Difference in People's Lives[®]

**Mental
Wellness**

Employment

**Basic
Needs**

**Physical
Health**

**TRC STARS
Employee Wellness**

**Family
Social**



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

**Mental
Wellness**

Making a Difference in People's Lives[®]

Employment

**Basic
Needs**

**Physical
Health**

**TRC STARS
Employee Wellbeing**

**Family &
Social**



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 _____

