

## HEALTH COURSE CHALLENGE WAIVER

### PERSONAL HEALTH PLAN SCORING RUBRIC

**Directions:** - Make an appointment with your family physician or school nurse, WELL IN ADVANCE OF THE DUE DATE, to have a conversation about your goals. Have them use this rubric to score your Personal Health Plan and sign as appropriate to document this contact.

Student Name \_\_\_\_\_ High School \_\_\_\_\_

- Student has successfully **met the standard** (minimum requirement) for **all** components of their Personal Health Plan.
- Student **has not met the standard** (minimum requirement) for **all** components of their Personal Health Plan.

Comments:

Signature –Health Care Provider or School Nurse

Date

	<b>Exceeds standard-- excellent</b>	<b>Meets standard-- minimum requirement</b>	<b>Does not meet standard—requires further work</b>
<input type="checkbox"/> <b>Goals</b>	<input type="checkbox"/> More than 10 that clearly demonstrate research. <input type="checkbox"/> More than 3 in each category: <ul style="list-style-type: none"> <li><input type="checkbox"/> Hereditary</li> <li><input type="checkbox"/> Behavioral</li> <li><input type="checkbox"/> Environmental</li> </ul> <input type="checkbox"/> Reflects sophisticated thought and understanding.	<input type="checkbox"/> Minimum 10 that promote personal wellness. <input type="checkbox"/> Goals are written for each category: <ul style="list-style-type: none"> <li><input type="checkbox"/> Hereditary</li> <li><input type="checkbox"/> Behavioral</li> <li><input type="checkbox"/> Environmental</li> </ul> <input type="checkbox"/> Specific, realistic and achievable.	<input type="checkbox"/> Less than 10. <input type="checkbox"/> Lack goals in every category: <ul style="list-style-type: none"> <li><input type="checkbox"/> Hereditary</li> <li><input type="checkbox"/> Behavioral</li> <li><input type="checkbox"/> Environmental</li> </ul> <input type="checkbox"/> Lack clarity and/or seem unrealistic.
<input type="checkbox"/> <b>Plan</b>	<input type="checkbox"/> Precise steps identified. <input type="checkbox"/> Exceptional sources make the plan highly effective. <input type="checkbox"/> Time frame is clear and demonstrates quality thinking.	<input type="checkbox"/> Steps for reaching goals are clearly listed. <input type="checkbox"/> Adequate sources of help and/or support enhance the goal plan. <input type="checkbox"/> Time frame is appropriate and reasonable.	<input type="checkbox"/> Steps are vague or incomplete. <input type="checkbox"/> Few or no sources identified. <input type="checkbox"/> Shows little evidence of time frame..
<input type="checkbox"/> <b>Monitoring System</b>	<input type="checkbox"/> Extensive list of checkpoints evenly distributed. <input type="checkbox"/> Identifies a large variety of personal rewards. <input type="checkbox"/> Dynamic evaluation for all goal categories: <ul style="list-style-type: none"> <li><input type="checkbox"/> Hereditary</li> <li><input type="checkbox"/> Behavioral</li> <li><input type="checkbox"/> Environmental</li> </ul>	<input type="checkbox"/> Periodic checkpoints provide adequate support for reaching goals. <input type="checkbox"/> Personal rewards are articulated. <input type="checkbox"/> Monitoring system includes evaluation component for all goal categories: <ul style="list-style-type: none"> <li><input type="checkbox"/> Hereditary</li> <li><input type="checkbox"/> Behavioral</li> <li><input type="checkbox"/> Environmental</li> </ul>	<input type="checkbox"/> Few if any checkpoints listed. <input type="checkbox"/> Personal reward component is minimal or vague. <input type="checkbox"/> Lacks evaluation in one or more goal categories: <ul style="list-style-type: none"> <li><input type="checkbox"/> Hereditary</li> <li><input type="checkbox"/> Behavioral</li> <li><input type="checkbox"/> Environmental</li> </ul>