

# Personal Wellness Plan

## Patient Information

Name: Bernie Dickenson

Age: 45

Gender: Male

Contact Number: 555-0123

Email Address: bernie.d@example.com

## Health Assessment

Weight: 200 lbs

Height: 5'10"

BMI: 28.7

Blood Pressure: 130/85 mmHg

Other Health Data: Pre-diabetic condition

## Wellness Goals

Short-Term Goal: Lose 10 lbs in 3 months

Long-Term Goal: Maintain healthy BMI and manage blood sugar levels

## Physical Health Plan

Exercise Routine: 30 mins brisk walking, 5 days/week

Dietary Changes: Increase vegetables and lean proteins, reduce sugar and processed

Sleep Schedule: 7-8 hours per night, regular sleep time

## Mental Health Plan

Stress Management: Yoga twice a week, daily meditation

Mindfulness Activities: Journaling, mindful breathing exercises

Therapy Sessions: Bi-weekly with a therapist

# Personal Wellness Plan Essay

**Xiaolong Qi**



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