

Criteria	Ratings			Pts	
<p>Graphic depicting behavior</p> <p>Insert a chart, graph, log, or list to depict your progress.</p> <p>Chart/Graph should align with short term SMART goal</p>	<p>10 pts Exceptional</p> <p>Graph, smartphone screenshot, or log included and fully completed for all four weeks; measures outcome that aligns with short term SMART goal</p>	<p>6 pts Great</p> <p>Graph, smartphone screenshot, or log included and fully completed for all 4 weeks; fails to measure outcome that fully aligns with short term SMART goal outcome</p>	<p>0 pts Needs improvement</p> <p>Did not include a graph, chart, list or log.</p>	<p>10 pts</p>	
<p>Self-Care Journal Entries X 4 Weeks</p> <p>Self-care journal for the short-term goal reflects on the weekly Plan Do Study Act cycle. Insert the table in the template example. One entry per week (4 weeks)</p>	<p>40 pts Exceptional</p> <p>4 entries included and complete; shows consistent strong demonstration of thought; used template; Goal in Weeks 1-4 align with goal stated in Wellness Vision Statement</p>	<p>30 pts Great</p> <p>1 entry incomplete or missing or did not use template or shows inconsistent demonstration of thought</p>	<p>20 pts Good</p> <p>Two of the following: 2-3 entries missing or incomplete; did not use template; lack of consistent demonstration of thought</p>	<p>0 pts Needs improvement</p> <p>More than 3 weeks of entries missing or incomplete, did not use template, and fails to show demonstration of thought</p>	<p>40 pts</p>
<p>Grammar, APA, Spelling</p> <p>Grammar, and spelling. Papers must be free of grammar and spelling errors and follow APA format.</p>	<p>10 pts Exceptional</p> <p>cited full reference in APA format; used full and complete sentences to answer all questions throughout template; free of grammar and spelling errors; submitted in a timely manner</p>	<p>6 pts Good</p> <p>Minor spelling and/or grammar errors; almost cited full APA article reference correctly with minor errors; mostly used full and complete sentences throughout template</p>	<p>0 pts Needs Improvement</p> <p>did not cite APA format on EBP article; multiple spelling and/or grammar errors; did not use full and complete sentences to answer questions throughout; 5% deduction per day late</p>	<p>10 pts</p>	
<p>Strength</p> <p>Lists all five strengths and how a minimum of one strength relates to personal characteristics and how the strength assisted in behavior change</p>	<p>20 pts Exceptional</p> <p>Lists all five strengths and discusses how at least one strength relates to personal characteristics and assisted in behavior change.</p>	<p>10 pts Good</p> <p>Fails to list all five strengths or does not discuss how at least one strength relates to personal characteristics and assisted in behavior change.</p>	<p>0 pts Needs Improvement</p> <p>Fails to list all five strengths and does not discuss how at least one strength relates to personal characteristics and assisted in behavior change</p>	<p>20 pts</p>	
<p>Goal Achievement</p> <p>On a scale from 1-10, describe the extent to which you achieved your goal.</p>	<p>20 pts Exceptional</p> <p>3 full and complete sentences explaining how well goal achievement was met; included numerical rating on a scale of 1-10; discussion of how evidence from article informed behavior change (cite full reference)</p>	<p>10 pts Good</p> <p>Missing 1-2 of the following: 3 full and complete sentences explaining how well goal achievement was met; included numerical rating on a scale of 1-10; discussion of how evidence from article informed behavior change (cite full reference)</p>	<p>0 pts Needs improvement</p> <p>Fails to include 3 full and complete sentences explaining how well goal achievement was met; fails to include numerical rating on a scale of 1-10; fails to include discussion of how evidence from article informed behavior change</p>	<p>20 pts</p>	