Assignment 1: Perfect Week

You are now ready for the first assignment in this course. For this assignment, you will create the perfect week for your own health and wellness. You will develop a personal healthy lifestyle plan for a typical week during the school year. Remember that no one is truly healthy who doesn't have an approach for all seven dimensions of wellness. Remember as well to ensure that your perfect week aligns reasonably well with the various wellness guides we've looked at during this module, including *Canada's Food Guide*, *Canada's 24-Hour Movement Guidelines* and *Changing Directions, Changing Lives:* *Mental Health Strategy for Canada.*

As you describe your plan, how your actions are affecting your balance in all seven dimensions of wellness should become clear. Are you doing particularly well with one of them? Is one a struggle?

To complete the assignment, start a new Microsoft Word document. Save this file with your name and the name of the assignment in the file name, and then add your name to the top of the first page, too. The minimum for this assignment is **250 words,** but you can write more if more is necessary.

Review the **Perfect Week Assignment Rubric** before you begin.