

Individual wellbeing goal/objective template:

Wellbeing goal/objective Example	Current	Aim
I will enhance my score on looking after my own emotional, mental and physical health by increasing my physical activity to 30 minutes walking 5 times a week by December (03 Improving personal health and wellbeing)	15 minutes, 2 time per week	30 minutes, 5 times per week
I will enhance my score on the influence I have over the safety of my work environment by having a display screen equipment (DSE) assessment by December (04 Environment)	Not had a DSE for last 5 years	DSE assessment within the next 3 months