LEISURE EDUCATION TREATMENT PLAN

**Name: Mark Greenlaw Date: 2/7/18**

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| **Background / Demographic Information**:   * **Sports, firefighting, & student**     **Current Leisure Education Diagnosis**:   * **Lack of Time**   **Identified Strengths / Assets:**   * **Passionate** * **Compassionate** * **Loyal** * **I always put others before myself**   **Identified Limitations / Problems / Assessment Results:**   * **I always put others before myself** * **Inconsistent lack of motivation** * **Stubborn** * **Blamer**   **Client Goals & Objectives:**   1. **General goal**: Increase frequency of physical activity   **Measurable objective**: Go to the gym or work out at least 4 times a week   1. **General goal**: Fall in love with sports again   **Measurable objective**: Go to Football and Rugby practice and lead the teams  **Action Plan for Client Involvement:**   1. Pack clothes in the morning and go to the gym after class on Monday, Wednesday, (6:45) and Friday (4) 2. Go to practice with a clear head and don’t let outside factors get in the way of me having fun |