LEISURE EDUCATION TREATMENT PLAN

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

|  |
| --- |
| **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
 |