

# SISSPAR008 Maintain personal wellbeing as an athlete

## Task 1 – Assignment

**Develop and implement** a strategy for managing your personal health and wellbeing for a 14 day period (2 weeks) .

Schedule activities that align with your personal health and wellbeing strategy

In your plan you must:

- evaluate factors that may impact personal health and wellbeing in own personal life and work environment
- locate and assess applicable resources
- present personal health and wellbeing strategy to relevant personnel
- monitor variations in personal circumstances and work performance affecting health and wellbeing.

Can be presented as a chart, table or written format outlining two (2) weeks of activities and strategies around health, including physical, psychological and nutritional