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| Title | **Produce, implement, and reflect on a plan to improve own personal wellbeing/hauora** | | |
| Level | **1** | **Credits** | **3** |

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| Purpose | People credited with this unit standard are able to produce, implement, and reflect on a plan to improve own personal wellbeing/hauora. |

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| Classification | Core Generic > Self-Management |

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| Available grade | Achieved |

**Guidance Information**

1 All concerned with the teaching/learning and assessment relating to this unit standard need to be aware of, and respect, any issues of privacy and confidentiality.

2 *Factors* can refer to social, cultural, physical, economic, mental/psychological, spiritual, and/or any other issues that affect personal wellbeing/hauora.

3 Implementation is required over a minimum of three consecutive weeks and must generate sufficient evidence of change(s) in personal wellbeing/hauora.

**Outcomes and performance criteria**

**Outcome 1**

Produce, implement, and reflect on a plan to improve own personal wellbeing/hauora.

Range implementation must be for a minimum of three consecutive weeks.

**Performance criteria**

1.1 Factors are described in terms of their effect on own personal wellbeing/hauora.

Range evidence is required for at least three factors.

1.2 Three methods of achieving improvement are included in the plan to improve personal wellbeing/hauora.

1.3 Two methods of measuring improvement of own personal wellbeing/hauora are included in the plan.

1.4 Changes in personal wellbeing/hauora are identified.

1.5 The effectiveness of the plan is described through reflection.

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| Planned review date | 31 December 2027 |

**Status information and last date for assessment for superseded versions**

| Process | Version | Date | Last Date for Assessment |
| --- | --- | --- | --- |
| Registration | 1 | 21 June 1993 | 31 December 2014 |
| Review | 2 | 4 October 1995 | 31 December 2014 |
| Revision | 3 | 18 March 1998 | 31 December 2014 |
| Revision | 4 | 12 October 1999 | 31 December 2014 |
| Review | 5 | 26 September 2001 | 31 December 2014 |
| Revision | 6 | 12 September 2002 | 31 December 2014 |
| Review | 7 | 16 July 2010 | 31 December 2015 |
| Revision | 8 | 17 July 2014 | 31 December 2017 |
| Review | 9 | 18 June 2015 | 31 December 2019 |
| Review | 10 | 25 January 2018 | N/A |
| Review | 11 |  | N/A |

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| Consent and Moderation Requirements (CMR) reference | 0113 |

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

**Comments on this unit standard**

Please contact NZQA National Qualifications Services [nqs@nzqa.govt.nz](mailto:nqs@nzqa.govt.nz) if you wish to suggest changes to the content of this unit standard.