

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

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
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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 or 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.

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.

Planned review date	31 December 2027
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Status information and last date for assessment for superseded versions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	31 December 2025
Review	11	2 March 2023	N/A
Revision	12	28 August 2025	N/A

Consent and Moderation Requirements (CMR) reference	0113
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This CMR can be accessed at [Search Framework](#).

Comments on this unit standard

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