

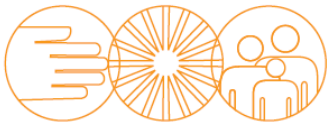


Healthy Teen Network



VOLT20 Plan Journal

VOLT
20



Healthy Teen Network

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VOLT20

Complete your *Journal* online and then save it, or print it and write in it.

The *Journal* is your place to write down anything you want to keep track of and come back to. This could be your answers to the reflection questions from the *Volt20 Guide*, a note about something you read and want to remember, a goal, an action step you will take toward that goal, and/or a reminder to ask a trusted adult or healthcare provider for help.

IT'S YOUR PLAN

IT'S UP TO YOU TO SHARE... OR NOT

Whatever way you choose to make your *Volt20 Plan*—online or in print—think about how you will keep it private, unless you want to share it with a trusted adult or a healthcare provider. You should NOT share your *Plan* widely, or even with one or a few close friends. It's none of their business... It's YOUR *Volt20 Plan*.

WRITE IT HERE!

MY JOURNAL

My name is _____.
(Name)

I generated my Volt20 plan on _____ when I was
(Date)

_____ years old.
(Age)



1. WHERE I LIVE (LIVING ARRANGEMENT)

REFLECTIONS

Write your answers to the reflection questions from the [Guide](#) here.

NOTES

Write any notes here...maybe something you want to look up or remember.

MY GOAL

Write your goals here.

MY NEXT ACTION STEPS

Write your next action steps here, so you can reach your goal.

WHO CAN HELP ME REACH MY GOAL

Think about trusted adults or healthcare providers who might be able to help you. List them here.



2. RELATIONSHIPS AT HOME

REFLECTIONS

Write your answers to the reflection questions from the [Guide](#) here.

NOTES

Write any notes here...maybe something you want to look up or remember.

MY GOAL

Write your goals here.

MY NEXT ACTION STEPS

Write your next action steps here, so you can reach your goal.

WHO CAN HELP ME REACH MY GOAL

Think about trusted adults or healthcare providers who might be able to help you. List them here.



3. ABUSE AT HOME

REFLECTIONS

Write your answers to the reflection questions from the [Guide](#) here.

NOTES

Write any notes here...maybe something you want to look up or remember.

MY GOAL

Write your goals here.

MY NEXT ACTION STEPS

Write your next action steps here, so you can reach your goal.

WHO CAN HELP ME REACH MY GOAL

Think about trusted adults or healthcare providers who might be able to help you. List them here.



4. HERE I LEARN & WORK (EDUCATION & EMPLOYMENT ARRANGEMENTS)

REFLECTIONS

Write your answers to the reflection questions from the [Guide](#) here.

NOTES

Write any notes here...maybe something you want to look up or remember.

MY GOAL

Write your goals here.

MY NEXT ACTION STEPS

Write your next action steps here, so you can reach your goal.

WHO CAN HELP ME REACH MY GOAL

Think about trusted adults or healthcare providers who might be able to help you. List them here.



5. RELATIONSHIPS AT SCHOOL & WORK

REFLECTIONS

Write your answers to the reflection questions from the [Guide](#) here.

NOTES

Write any notes here...maybe something you want to look up or remember.

MY GOAL

Write your goals here.

MY NEXT ACTION STEPS

Write your next action steps here, so you can reach your goal.

WHO CAN HELP ME REACH MY GOAL

Think about trusted adults or healthcare providers who might be able to help you. List them here.



6. VIOLENCE AT SCHOOL & WORK

REFLECTIONS

Write your answers to the reflection questions from the [Guide](#) here.

NOTES

Write any notes here...maybe something you want to look up or remember.

MY GOAL

Write your goals here.

MY NEXT ACTION STEPS

Write your next action steps here, so you can reach your goal.

WHO CAN HELP ME REACH MY GOAL

Think about trusted adults or healthcare providers who might be able to help you. List them here.



7. MY HEALTH CARE

REFLECTIONS

Write your answers to the reflection questions from the [Guide](#) here.

NOTES

Write any notes here...maybe something you want to look up or remember.

MY GOAL

Write your goals here.

MY NEXT ACTION STEPS

Write your next action steps here, so you can reach your goal.

WHO CAN HELP ME REACH MY GOAL

Think about trusted adults or healthcare providers who might be able to help you. List them here.



8. DISEASES

REFLECTIONS

Write your answers to the reflection questions from the [Guide](#) here.

NOTES

Write any notes here...maybe something you want to look up or remember.

MY GOAL

Write your goals here.

MY NEXT ACTION STEPS

Write your next action steps here, so you can reach your goal.

WHO CAN HELP ME REACH MY GOAL

Think about trusted adults or healthcare providers who might be able to help you. List them here.



9. EATING

REFLECTIONS

Write your answers to the reflection questions from the [Guide](#) here.

NOTES

Write any notes here...maybe something you want to look up or remember.

MY GOAL

Write your goals here.

MY NEXT ACTION STEPS

Write your next action steps here, so you can reach your goal.

WHO CAN HELP ME REACH MY GOAL

Think about trusted adults or healthcare providers who might be able to help you. List them here.



10. BODY IMAGE

REFLECTIONS

Write your answers to the reflection questions from the [Guide](#) here.

NOTES

Write any notes here...maybe something you want to look up or remember.

MY GOAL

Write your goals here.

MY NEXT ACTION STEPS

Write your next action steps here, so you can reach your goal.

WHO CAN HELP ME REACH MY GOAL

Think about trusted adults or healthcare providers who might be able to help you. List them here.



11. MY IDENTITY

REFLECTIONS

Write your answers to the reflection questions from the [Guide](#) here.

NOTES

Write any notes here...maybe something you want to look up or remember.

MY GOAL

Write your goals here.

MY NEXT ACTION STEPS

Write your next action steps here, so you can reach your goal.

WHO CAN HELP ME REACH MY GOAL

Think about trusted adults or healthcare providers who might be able to help you. List them here.



12. HOW I FEEL (EMOTIONS & MOODS)

REFLECTIONS

Write your answers to the reflection questions from the [Guide](#) here.

NOTES

Write any notes here...maybe something you want to look up or remember.

MY GOAL

Write your goals here.

MY NEXT ACTION STEPS

Write your next action steps here, so you can reach your goal.

WHO CAN HELP ME REACH MY GOAL

Think about trusted adults or healthcare providers who might be able to help you. List them here.



13. HOW ACTIVE I AM (PHYSICAL ACTIVITY)

REFLECTIONS

Write your answers to the reflection questions from the [Guide](#) here.

NOTES

Write any notes here...maybe something you want to look up or remember.

MY GOAL

Write your goals here.

MY NEXT ACTION STEPS

Write your next action steps here, so you can reach your goal.

WHO CAN HELP ME REACH MY GOAL

Think about trusted adults or healthcare providers who might be able to help you. List them here.



14. TOBACCO & NICOTINE USE

REFLECTIONS

Write your answers to the reflection questions from the [Guide](#) here.

NOTES

Write any notes here...maybe something you want to look up or remember.

MY GOAL

Write your goals here.

MY NEXT ACTION STEPS

Write your next action steps here, so you can reach your goal.

WHO CAN HELP ME REACH MY GOAL

Think about trusted adults or healthcare providers who might be able to help you. List them here.

**15. ALCOHOL USE****REFLECTIONS**

Write your answers to the reflection questions from the [Guide](#) here.

NOTES

Write any notes here...maybe something you want to look up or remember.

MY GOAL

Write your goals here.

MY NEXT ACTION STEPS

Write your next action steps here, so you can reach your goal.

WHO CAN HELP ME REACH MY GOAL

Think about trusted adults or healthcare providers who might be able to help you. List them here.



16. DRUG USE

REFLECTIONS

Write your answers to the reflection questions from the [Guide](#) here.

NOTES

Write any notes here...maybe something you want to look up or remember.

MY GOAL

Write your goals here.

MY NEXT ACTION STEPS

Write your next action steps here, so you can reach your goal.

WHO CAN HELP ME REACH MY GOAL

Think about trusted adults or healthcare providers who might be able to help you. List them here.

**17. SEXUAL ACTIVITY****REFLECTIONS**

Write your answers to the reflection questions from the [Guide](#) here.

NOTES

Write any notes here...maybe something you want to look up or remember.

MY GOAL

Write your goals here.

MY NEXT ACTION STEPS

Write your next action steps here, so you can reach your goal.

WHO CAN HELP ME REACH MY GOAL

Think about trusted adults or healthcare providers who might be able to help you. List them here.

**18. MY INTIMATE RELATIONSHIPS****REFLECTIONS**

Write your answers to the reflection questions from the [Guide](#) here.

NOTES

Write any notes here...maybe something you want to look up or remember.

MY GOAL

Write your goals here.

MY NEXT ACTION STEPS

Write your next action steps here, so you can reach your goal.

WHO CAN HELP ME REACH MY GOAL

Think about trusted adults or healthcare providers who might be able to help you. List them here.

**19. GOING ONLINE (MEDIA ACTIVITY)****REFLECTIONS**

Write your answers to the reflection questions from the [Guide](#) here.

NOTES

Write any notes here...maybe something you want to look up or remember.

MY GOAL

Write your goals here.

MY NEXT ACTION STEPS

Write your next action steps here, so you can reach your goal.

WHO CAN HELP ME REACH MY GOAL

Think about trusted adults or healthcare providers who might be able to help you. List them here.



20. HOW I SPEND MY FREE TIME (FUN ACTIVITY)

REFLECTIONS

Write your answers to the reflection questions from the [Guide](#) here.

NOTES

Write any notes here...maybe something you want to look up or remember.

MY GOAL

Write your goals here.

MY NEXT ACTION STEPS

Write your next action steps here, so you can reach your goal.

WHO CAN HELP ME REACH MY GOAL

Think about trusted adults or healthcare providers who might be able to help you. List them here.



FINAL REFLECTION

WRAP IT UP

Any other thoughts or questions?

NOW WHAT?

RETURN TO YOUR *PLAN* WHEN YOU WANT... TAKE CHARGE OF YOUR HEALTH!

- ✓ **Step 1:** Answer the 20 multiple-choice questions on the [Questionnaire](#).
- ✓ **Step 2:** For each question, go to the section of the [Guide](#) that corresponds to it.
- ✓ **Step 3:** Go to the [Journal](#) to write your thoughts, goals, and/or action planning.
- Step 4:** Return to the [Questionnaire](#), [Guide](#), and [Journal](#) when you want to look back or update your *Healthy Future Plan*.

Remember, you do not have to complete your *Volt20 Plan* in one session. There is no final exam. No deadline. This *Plan* is *YOUR Plan*, made at your own pace!