

Action Plans – something **YOU** want to do!!

Goal setting can be an effective way to achieve better health. Often people set big goals and forget to take the small steps in between necessary to reach their overall goal! Setting regular action plans allows a goal to be broken down into small, achievable steps. What step are you going to take first?

When setting an action plan, be sure to include:

1. *What* you are going to do.
2. *How much* you are going to do.
3. *When* you are going to do it (time of day).
4. *How many* days a week you are going to do it.

For example:

“This week I will walk (*what*) around the block (*how much*) before lunch (*when*) three times (*how many*).”

This week I will _____ (*what*)
 _____ (*how much*)
 _____ (*when*)
 _____ (*how many days*).

Now, ask yourself: “How confident are you in completing the entire action plan (0-10)?” _____.
 (0 = not confident; 10 = totally confident).

If you answered less than 7, what are the barriers you have? Or, what makes you uncertain? In action planning, the most important thing is to **succeed**. Modify the plan until you are confident you can complete it! Use the following table to track you progress and to document any problems and the modifications made to overcome it.

Week One	Action Plan Completed	Comments
1		
2		
3		
4		
5		
6		
7		

Sometimes keeping the same action plan over two weeks helps to cement the goal into your weekly routine.

Week Two	Action Plan Completed	Comments
1		
2		
3		
4		
5		
6		
7		

ACTION PLAN: This week I will _____ (*what*)
 _____ (*how much*)
 _____ (*when*)
 _____ (*how many days*).

Days of week	Action Plan Completed	Comments
1		
2		
3		
4		
5		
6		
7		

ACTION PLAN: This week I will _____ (*what*)
 _____ (*how much*)
 _____ (*when*)
 _____ (*how many days*).

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