**My Action Plan**

In writing your action plan, be sure it includes all of the following:

1. **What you are going to do** (a specific action)
2. **How much you are going to do** (time, distance, portions, repetitions, etc.)
3. **When you are going to do it** (time of the day, day of the week)
4. **How often or how many days a week you are going to do it**

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 often)

How sure are you? (0 = not at all sure; 10 = absolutely sure) _____

Comments

Monday _______________________________________________________

Tuesday ______________________________________________________

Wednesday __________________________________________________

Thursday _____________________________________________________

Friday _______________________________________________________

Saturday _____________________________________________________

Sunday ______________________________________________________