My Action Plan

When you write your action plan, be sure it includes 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 that you can complete this plan?

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<tbody>
<tr>
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<td>Absolutely sure</td>
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Comments

Monday ____________________________________________

Tuesday ____________________________________________

Wednesday ____________________________________________

Thursday ____________________________________________

Friday ____________________________________________

Saturday ____________________________________________

Sunday ____________________________________________