

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?

0	1	2	3	4	5	6	7	8	9	10
Not at all sure									Absolutely sure	

Comments

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____