

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 _____