

ACTION PLAN WORKSHEET

Creating an action plan helps define how you will reach your wellness goals.

When writing your action plan, include the following details:

1. What specific action are you going to do?
2. How much are going to do? (time, distance, portions, repetitions, etc)
3. When are you going to do it? (day and time)
4. How often are you going got do it?

Example: This week I am going to walk (what) 1 mile (how much) before work (when) on Monday, Tuesday, Thursday and Friday (how often).

This week I will: _____

How confident are you that you will succeed at fulfilling your action plan? _____

(0 = not at all; 10 = absolutely sure)

If your score is less than 7, change your plan until you are more confident.

How well did you do? Did you do more than you planned?

Sunday: _____

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____



**Need help with your Action Plan?
Let us assist you!**