

## My Action Plan

In writing your action plans, 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 are you going to do it (time of day, day of the week)
4. How often or how many days a week are you 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 sure at all; 10 = absolutely sure) \_\_\_\_\_

Comments

Sunday \_\_\_\_\_

Monday \_\_\_\_\_

Tuesday \_\_\_\_\_

Wednesday \_\_\_\_\_

Thursday \_\_\_\_\_

Friday \_\_\_\_\_

Saturday \_\_\_\_\_