

ACTION PLAN FORM

In writing your action plan, be sure it includes

1. what you are going to do,
2. how much you are going to do
3. when you are going to do it, and
4. how many days a week you are going to do it.

For example : This week, I will walk (what) around the block (how much) before lunch (when) three times (how many).

This week I will *walk around the block* (what)
 3 times (how much)
 before lunch (when)
 3 days this week (how many)

How confident are you? (0 = not at all confident; 10 = totally confident) 9

	Check Off	Comments
Monday	—	Raining
Tuesday	✓	Walked slowly & noticed everything around me
Wednesday	✓	It was cool out, but the walk felt good
Thursday	—	Raining again
Friday	✓	Only walked around the block 2 times
Saturday	✓	Took a friend along-we had a nice chat
Sunday	—	Felt tired

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This week I will _____(what)
 _____(how much)
 _____(when)
 _____(how many)

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	Check Off	Comments
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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This week I will _____ (what)

_____ (how much)

_____ (when)

_____ (how many)

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