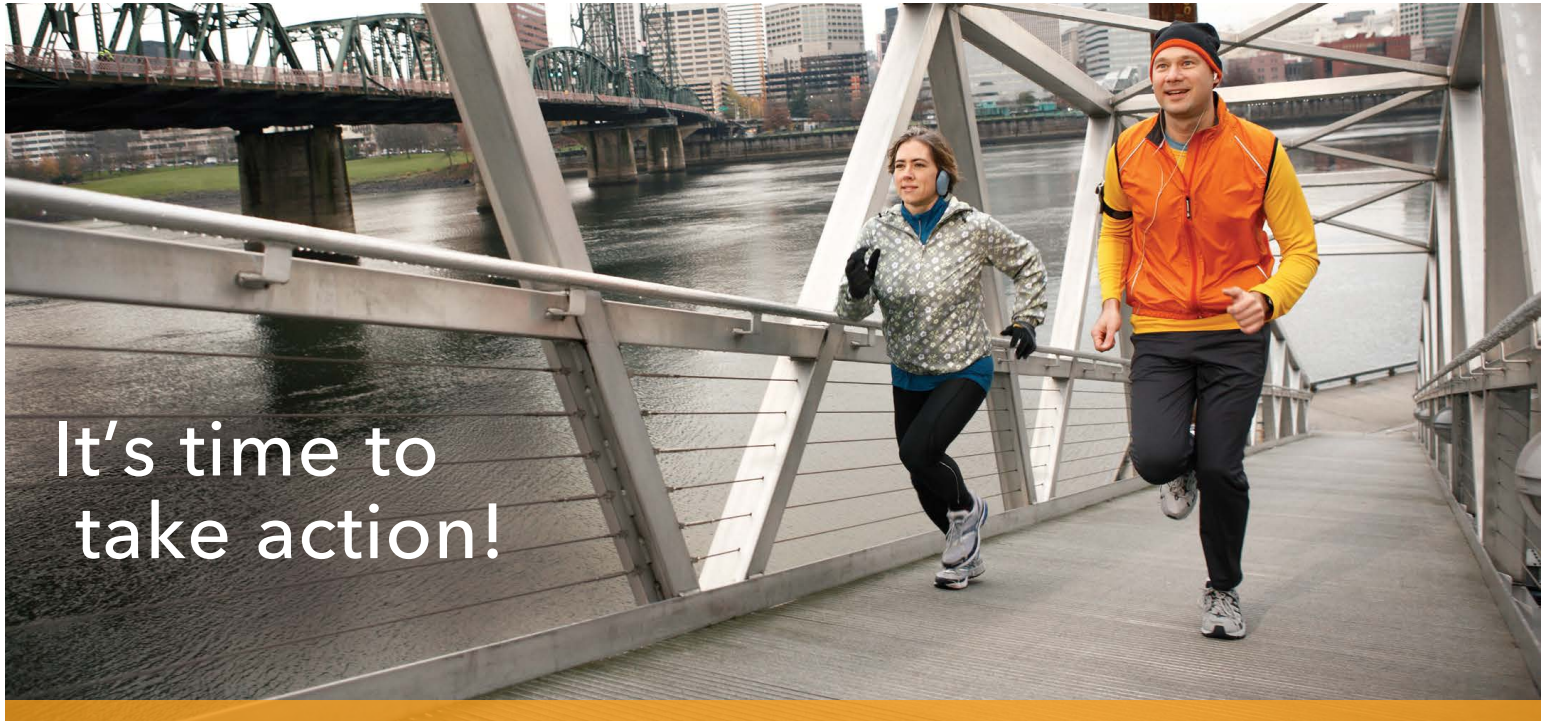


PERSONAL ACTION PLAN



It's time to
take action!

A **goal** is something you want to accomplish but may take a while to achieve, such as losing weight or decreasing your blood pressure.

Action plans are short-term plans that help you reach your goal. You are more likely to succeed when you include a specific action or behavior that you want to do, and know that you will be able to accomplish. A specific plan answers the questions:

- *What* are you going to do?
- *How much* are you going to do?
- *When* are you going to do it?
- *How many* days a week are you going to do it?

Your **confidence level** is an indicator of how certain you are that you will succeed with your action plan. Attach a confidence level of 0 to 10 to your plan. That can help you test how achievable your plan is. With a confidence of 7 or higher, you are more likely to carry out your plan.

Action plan examples:

- This week I will walk (*what*) for 20 minutes (*how much*) before lunch (*when*) three days (*how many*).
- This week I will take my medications as prescribed before breakfast, lunch, and dinner every day.

(over)



My goal is:

Reason this goal is important to me:



my action plan

This week I will:

(what)

(how much)

(when)

(how many)



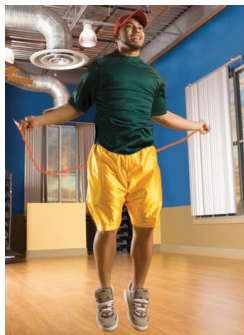
How **confident** are you that you will succeed with your plan?

0 1 2 3 4 5 6 7 8 9 10

(0 = not at all confident

10 = totally confident)

You are more likely to carry out your plan with a confidence of 7 or higher.



Things that could make it difficult to fulfill my action plan:

My plan for overcoming these challenges:

Support and resources I will need to fulfill my action plan:

My reward: _____

Review date: _____ With: _____

My signature: _____

Discuss your health goals and options for next steps with a health coach.

Call

503-286-6816

or

1-866-301-3866

(toll free) and

select option 2.