

ACTION PLANNING:*How to accomplish your goals***Parts of an Action Plan:**

1. **Something you want to do.** (Not what someone else thinks you should do, or that you think you should do.)
2. **Reasonable** (Something you can expect to accomplish in the next week.)
3. **Behavior-specific** (For example, losing weight is not a behavior, but choosing healthy snacks is a behavior)
4. **Answer the questions:**
What? (E.g. walking or choosing healthy snacks)
How much? (E.g. walking four blocks)
When? (E.g. after dinner Monday, Wednesday, and Friday)
How often? (E.g. Four times; try to avoid "every day")
5. **Confidence level of 7 or more** (0 = I have no confidence, 10 = I have total confidence that I will complete the ENTIRE action plan)

Why am I at this level of confidence? What might make it easy? What might make it difficult, and what can I do to make it easier?

My Action Plan

What: _____

How Much: _____

What time of day: _____

What days of the week: _____

Confidence level: _____