



Action Plan

This week I will _____ (What)

_____ (How Much)

_____ (When)

_____ (How Often)

Circle how sure you are that you can do this action:

1 2 3 4 5 6 7 8 9 10

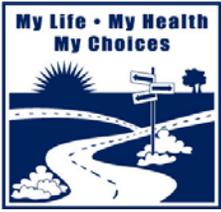
*If your answer is less than 7, you may not be able to meet your goal.
Think about modifying your plan to be more doable.*

Give yourself a check mark each day you accomplish your plan	Comments: Write yourself a note about today's activity.
<input type="checkbox"/> Monday	
<input type="checkbox"/> Tuesday	
<input type="checkbox"/> Wednesday	
<input type="checkbox"/> Thursday	
<input type="checkbox"/> Friday	
<input type="checkbox"/> Saturday	
<input type="checkbox"/> Sunday	

Possible road blocks to meeting my plan:

Things I can do to overcome these road blocks:

Other resources I need to meet my action plan:



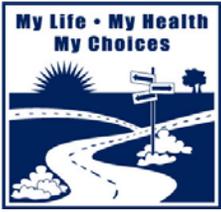
Involving Others in Your Health Action Plan

One of the most powerful things you can do to help with your efforts to improve your health (maintain your health) is to get support and encouragement from other people. When friends, loved ones, healthcare workers and others give you a lot of support, it's really inspiring and makes you feel like you can do anything!

Here are six tips to help make that happen:

1. Actually **ask** someone, or several people, to encourage you in your efforts. Only ask people who you know will be positive and supportive, not critical.
2. Have a frank discussion with these people about your concerns, struggles, and efforts. Tell them what you have been experiencing with your chronic disease, so they know your concerns.
3. Most people enjoy feeling helpful to others. So, tell them exactly what they can do to be helpful. Be specific. For example “Ask me how I am doing, and then listen”, or “Please don’t offer me junk food or a smoke”.
4. Let them know that their support is extremely meaningful to you, and that you need their encouragement for the long run, not just a few days.
5. Even if your support person fails to ask how you are doing, go ahead and tell them! That starts the conversation, and provides the opportunity to get the needed encouragement.
6. Give back in return. Reward your support people with your attention, and your support for them. Nourish the relationship. **A friend who helps you make a positive and healthy change is definitely worth keeping.**





Making an Action Plan

Take charge of your life. Learn how you can start on your path to better health by setting goals and making an action plan.

Making a Plan

▶ Start your first action plan by choosing **something you want to do**. For example: walk for 15 minutes, attend a support group, spend more time gardening, or save a few dollars every week. This plan should be an action, not the result of an action. For example, stopping snacks is an action. Losing weight is the result of that action of stopping snacks.

▶ Be as detailed as possible. Your action plan needs to answer these questions:

What will I do?

When will I do it?

How much will I do?

How often will I do it?

(Be specific about times and days you will do the action)

▶ Make sure your action plan is **something you can do**. Example: If you have never walked a mile before, then a realistic plan could be to walk only a few blocks in the beginning. Slowly increase the distance until you walk a mile by the end of the month.

▶ Keep it simple. Only do one action activity in an action plan.

▶ After writing your action plan, ask yourself, “How sure am I that I can do this”? Give your answer a number from 1 to 10, with 1 being not very sure and 10 being very sure.

▶ **Change your action** plan if your answer is less than 7. You probably are not sure enough that you can do your action plan. You may need to modify your plan to increase your confidence of doing it.

▶ To increase your confidence in meeting your action plan, identify those things that may get in the way. This will help you plan ahead to avoid problems.

▶ After succeeding at one action plan, make and do another!

Check List for Action Plan Success

- ▶ Select something that you really want to do.
- ▶ Make sure that you know you can do the action.
- ▶ If you are not certain, at a level of 7 or more, change your action plan.
- ▶ Details help you stick to the plan and measure your success.
- ▶ Success increases your confidence to do your next action plan.

Action Plan Guide

7/30/07

This week I will _____ (What)
_____ (How Much)
_____ (When)
_____ (How Often)

Circle how sure you are that you can do this action:

1 2 3 4 5 6 7 8 9 10

If your answer is less than 7, you may not be able to meet your goal.

Think about modifying your plan to be more doable.

Give yourself a checkmark:

each day you
will do your plan

each day you
did your plan
(Use boxes below)

**Comments when not able to
do the action plan. Did you
do the action on another day?**

<input type="checkbox"/>	Monday	<input type="radio"/>	_____
<input type="checkbox"/>	Tuesday	<input type="radio"/>	_____
<input type="checkbox"/>	Wednesday	<input type="radio"/>	_____
<input type="checkbox"/>	Thursday	<input type="radio"/>	_____
<input type="checkbox"/>	Friday	<input type="radio"/>	_____
<input type="checkbox"/>	Saturday	<input type="radio"/>	_____
<input type="checkbox"/>	Sunday	<input type="radio"/>	_____

Possible road blocks to meeting my plan:

Things I can do to overcome these road blocks: _____

Other resources I need to meet my action plan:

