

Example Action Plan

Name: *Joe Smith*

Date: *January 20, 2005*

Phone: *(206) 555-1234*

The healthy change I want to make is: *Start a walking program*

My goal for the next month is: *To walk three times per week*

The steps I will take to achieve my goal are (what, when, where, how much, how often):

I will walk around my neighborhood for 15 minutes, directly after I get home from work on Monday, Wednesday, and Friday.

The things that could make it difficult to achieve my goal include:

My sister may need to talk on the phone after work, and it might be too late to go after we talk.

My plan for overcoming these difficulties includes:

I can ask my sister if she absolutely needs to talk that day. If I have to miss a regular walking time, I can make up that day by driving to the park on the weekend and walk for 15 minutes in the morning, then resume my regular plan the following week.

Support/resources I will need to achieve my goal include:

I need to buy a new pair of sneakers and extra-cushioned socks so that my feet don't get blisters. I would feel more comfortable walking if I had a dog with me. I can ask my neighbors if I can 'borrow' Sparky, their dog.

My confidence level (scale of 1-10, 10 being completely confident that you can achieve the entire plan.) 8

Review Date: *January 27, 2005 (in one week)*

Review Method: (phone, email, in-person): *In-person*