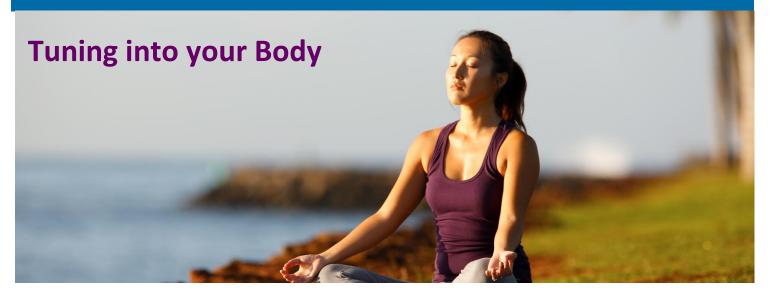
PERSONAL ACTION PLAN



A goal is something you want to accomplish but may take a while to achieve, such as decreasing your blood pressure or managing chronic stress.

Action plans are short-term plans that help you reach your goal. They must include a specific action or behavior that you want to do and know that you will be able to accomplish. Your plan must answer the questions:

- → What are you going to do? → How many times or how much are you going to do it?
- → When are you going to do it? → How often are you going to do it?

Action plan example:

→ I will do progressive muscle relaxation (what) for 20 minutes (how much) after lunch (when) three days (how often) this week.

my action plan

his week I will:			
(what)			-
how much / many times)			
(when)			
(how often)			•

(over)

Your confidence level is an indicator of how certain you are that you will succeed with your action plan. You must attach a confidence level of 0 to 10 to your plan. A confidence level of 7 or more will help you to succeed. If your confidence level is lower than 7, think about changing your action plan.

	How c	onfider	it are yo	ou that	you wi	II succe	eed wit	h your	plan?	
0	1	2	3	4	5	6	7	8	9	10
(0 = n	ot at all co		our confid	dence lev	el should	d be a 7 c	or higher.		otally con	fident)

Things that	could make it difficult to fulfill my action plan:
My plan for	overcoming these challenges:
Support and	d resources I will need to fulfill my action plan:
My reward:	
	Review date: With:
	My signature:









Discuss your health goals and next steps with a health coach. Call 1-866-251-4514 (toll free) to begin health coaching today!