

What are you ready to do?

Use this worksheet to help you choose a healthy lifestyle goal that you're ready to work on.

1

NARROW YOUR CONCERNS

What are your biggest health concerns?

A _____ B _____
C _____ D _____

Which concern are you most ready, willing, and able to work on now?

On the ruler, write the letter of each concern above a number to show how ready you feel to work on it right now.

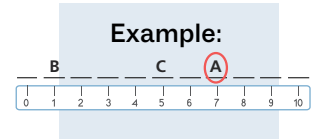


Not ready

Unsure

Ready

Circle the concern you marked farthest to the right.
Choose to work on this concern.



2

NARROW YOUR BEHAVIORS

What specific behaviors or actions would help you with this concern?

Talk with your healthcare providers for ideas about what's proven to help most.

Which behavior or action are you most ready, willing, and able to do now?

Consider the ruler again.



Not ready

Unsure

Ready

Set your goal around the behavior or action you're most ready to do.

3

SET YOUR GOAL

My goal: _____

Now make an Action Plan to help you reach your goal.



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Once you've chosen a goal, the most important next step is to make a detailed plan for reaching it. Take your time and think carefully about your plan.

Write your goal here: _____

Example: 20 minutes of exercise at least 4 times a week for 3 weeks.

➔ What will you do to meet your goal?

- What is the specific action for your goal? _____
- How and when will you do this? _____
- What will your milestones be? _____

Example:
Walk around my office building for 20 minutes at lunchtime. Each week I walk 4 times it is a milestone.

➔ How will you track and report your progress?

- How will you keep track? _____
- Who will you report to and how often? _____
- How will you reward yourself? _____
- Who will support you? This might include healthcare providers, family members, friends, or group leaders.

Example:
Tracking: Every time I go I'll put a check mark on the calendar at my desk.
Reward and report: Each milestone I'll buy new music to listen to while walking. After 3 weeks, I'll email my doctor with the good news and I'll make a new goal with more minutes.
Support: My co-worker will remind me to go. Every night I'll tell my wife if I walked.

Person or team	How they can help
_____	_____
_____	_____
_____	_____

➔ What might get in the way?

- In what situations will this be most difficult for you?

- What can you do in these situations? How could you overcome this?

Example:
I might not feel like walking when I'm discouraged. When this happens, I'll invite a co-worker to go with me.
I might not be able to walk at lunch if I have a meeting during that time. When this happens, I'll walk after work.

➔ What will you do when you get off track?

Most people get off track now and then. What will you do to get back on?

Example:
If I miss a few days I'll commit to starting again the next Monday.

➔ What else could help?

This might include websites, trackers, more information, a partner to do this with, or community groups.

Example:
I want to find out if there's a fitness program at my work.