

LiVe Well Action Plan

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. Do this 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.