

In writing your action plan, be sure it includes:

1. what you are going to do
2. how much you are going to do
3. when you are going to do it, and
4. how many days a week you are going to do it

For example: This week, I will walk (what) around the block (how much) before lunch (when) three times (how many).

This week I will \_\_\_\_\_ (what)  
\_\_\_\_\_ (how much)  
\_\_\_\_\_ (when)  
\_\_\_\_\_ (how many)

How confident are you? (0=not at all confident; 10=totally confident) \_\_\_\_\_  
*[Just a note: You may want to make copies of this form]*

	Check Off	Comments
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		