One way I want to improve my health is (e.g., be more active):
__________________________________________

My goal for this week is (e.g., walk 4 times):
__________________________________________

When I will do it (e.g., mornings before breakfast):
__________________________________________

Where I will do it (e.g., at the park):
__________________________________________

How often I will do it (e.g., Monday thru Thursday):
__________________________________________

What might get in the way of my plan (e.g., I have to take the children to school one day):
__________________________________________

What I can do about it (e.g., I’ll choose days when I don’t take them to school):
__________________________________________

How confident am I that I can reach this goal: circle one

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Follow-up plan (how and when):
__________________________________________

Eat a Healthy Diet  Be Physically Active  Take My Medicine  Other
Monitor My Blood Sugar and Blood Pressure  Cope with Stress  Limit Alcohol  Stop Smoking