

MY ACTION PLAN

Having a specific and realistic goal is important, and planning your week is essential.

This is what I will do each day and week to reach my goals:

1. I will plan my meals at _____ on _____
time day

2. I will plan my shopping on _____
day

3. I will increase incidental activities such as _____

4. I will invest at least _____ minutes every day on planned exercise

5. I will _____ at _____ on most days
e.g walk time

6. So that I can exercise and prepare breakfast, I need to be awake by _____ am. To ensure at least 7½ hours sleep I need to be asleep by _____ pm

7. I will meet with my coach on _____
at _____ each week day/s
time

8. I will ask the following people to support my efforts:

1. _____ ☐ Family member
2. _____ ☐ Local friend
3. _____ ☐ Workmate