

My Personal Action Plan

No matter what your health goal is, creating a specific plan can help you succeed.

Follow the steps to put you on a path toward meeting your goal.

You can fill out this form online, but the information can't be saved. Or you can simply print it and then fill it out by hand.

Step 1

Know your own reason.

Why is this change important to you? Make sure it's something that you really want to do.

Step 2

Set a specific long-term goal.

What is a long-term goal that you can reach in about 6 to 12 months?

Step 3

Set your short-term goals.

How can you create short-term goals that you take week by week to reach your long-term goal?

Step 4

Prepare for slip-ups or setbacks.

What might get in the way of reaching this goal? You may already know that things like time, money, or emotions could get in the way. How might you get around these things?

Step 5

Plan for support and rewards.

Who can help you meet your goals? Maybe friends, family, or a support group? And how will you reward yourself? A movie, a special meal, an hour to yourself can be a treat.

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See your success.

How will your life be different after you make this change?