



Action Plan Worksheet

Now that you have set your physical activity goals, it is time to create an action plan. An action plan will outline how you intend to achieve the goals that you have been set.

An effective action plan, should include: What, how much, when, an how often.

For example: This week I will walk (*what*) around the block (*how much*) before lunch (*when*) three days (*how often*).

Your action plan:

I will: _____

Action plan monitoring:

	Was your goal accomplished? (Check)	Comments How did you feel? What did you notice?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

