

Action Plan

1. **Goals:** *Something you WANT to do:*

2. **Describe**

How: _____

Where: _____

What: _____ **Frequency:** _____

When: _____

3. **Barriers:** _____

4. **Plans to overcome barriers:** _____

5. **Conviction** ____ **& Confidence** ____ **ratings**
(0 - 10)

6. **Follow-Up:** _____

Action Plan (*Example*)

- 1. Goals:** *Something you WANT to do:*
Begin exercising
- 2. Describe:**
How: Walking
Where: Around the block
What: 2 times **Frequency:** 4 x/wk
When: after dinner, with husband
- 3. Barriers:** have to clean up; bad weather
- 4. Plans to overcome barriers:**
ask kids to help clean up; get rain gear
- 5. Conviction 8 & Confidence 7 ratings
(0 - 10)**
- 6. Follow-Up:** next visit – 2 months