

Action Plan

Example: This week I will (1) walk (2) to the park and back (3) before lunch (4) three times.

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|--|---------------------------|-----------|
| 1. What are you going to do? | My plan: This week I will | (1) _____ |
| 2. How much are you going to do? | | (2) _____ |
| 3. When are you going to do it? | | (3) _____ |
| 4. How often are you going to do it? | | (4) _____ |
| 5. How sure are you that you will do this? | | (5) _____ |

Use this space to log how you are doing:

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____