

# personal action plan

IT'S TIME TO TAKE ACTION!



**A goal** is something you want to accomplish but may take a while to achieve, such as losing weight or decreasing your blood pressure.

**Action plans** are short-term plans that help you reach your goal. They must include a specific action or behavior that you want to do and know that you will be able to accomplish. Your plan must answer the questions:

- **What** are you going to do?
- **How much** are you going to do?
- **When** are you going to do it?
- **How many** days a week are you going to do it?

**Your confidence level** is an indicator of how certain you are that you will succeed with your action plan. You must attach a confidence level of 0 to 10 to your plan. A confidence level of 7 or more will help you to succeed. If your confidence level is lower than 7, think about changing your action plan.

#### **Action plan examples:**

- This week I will walk (**what**) for 20 minutes (**how much**) before lunch (**when**) three days (**how many**).
- This week I will take my medications as prescribed before breakfast, lunch, and dinner every day.



# my goal is:

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# my action plan

This week I will: \_\_\_\_\_  
(what)  
\_\_\_\_\_ (how much) \_\_\_\_\_ (when) \_\_\_\_\_ (how many)



**How confident are you that you will accomplish your goal?**

0	1	2	3	4	5	6	7	8	9	10
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0 = not at all confident      10 = totally confident

**Your confidence level should be a 7 or higher.**



Things that could make it difficult to fulfill my action plan:

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My plan for overcoming these challenges:

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Support and resources I will need to fulfill my action plan:

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My reward: \_\_\_\_\_

Review date: \_\_\_\_\_ With: \_\_\_\_\_

My signature: \_\_\_\_\_

**Discuss your health goals and options for next steps with a Wellness Coach. Call 1-866-862-4295 to make an appointment. Wellness coaching is available at no charge for Kaiser Permanente members.**

The information presented here is not intended to diagnose health problems or to take the place of professional medical care. If you have persistent medical problems, or if you have further questions, please consult your doctor or member of your health care team. Adapted from SCPMG Regional Health Education.

