

## Action Planning

An action plan is one specific activity that you are going to do in the coming week. An action plan must be

1. Something you WANT to do.
2. Something you reasonably CAN do. It's better to say you'll walk 3 days this week and do it, than to plan for five days and do four.
3. Behavior-specific – "I will stop ice cream," not "I will lose weight." What, where, how often, when, with who? The more specific the better
4. Be something you are very confident of doing. On a scale of 1 to 10, your confidence should be at least 7, preferably 8 or higher that you will complete the whole plan. If your confidence level is lower, re-work the plan, perhaps making it easier or getting more help with it, until your level reaches 7.

Example: This week I will walk four times for 30 minutes at a time, around the block, after dinner, with my dog.

### SAMPLE ACTION PLANNING FORM

**Date:**

This week I will \_\_\_\_\_ (type of activity)  
\_\_\_\_\_

I will do this \_\_\_\_\_ times for \_\_\_\_\_ (time or amount of activity)

I will do this when, where, with whom? The more specific the better.

\_\_\_\_\_

On a scale of 1 – 10, my confidence that I will complete the entire plan is \_\_\_\_\_

Things that might get in the way of this plan are

\_\_\_\_\_

Ways I might overcome these problems are

\_\_\_\_\_

LOG -- I carried out my plan on the following days

MON	TUE	WED	THU	FRI	SAT	SUN

NOTES (anything interesting that happened):