



# Healthy Goals Action Plan

**This Week's Healthy Goals:** What are you going to do? How are you going to do it? How often? When will you start? When will you review your progress?

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**Healthy Goal 1:** \_\_\_\_\_

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**Action Steps:**

**Tick when achieved**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

**How much do you want to achieve this goal?**

(Not at all) 1 2 3 4 5 6 7 8 9 10 (Very much)

**How confident are you that you can achieve this goal?**

(Not at all confident) 1 2 3 4 5 6 7 8 9 10 (Very confident)

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**Healthy Goal 2:** \_\_\_\_\_

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**Action Steps:**

**Tick when achieved**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

**How much do you want to achieve this goal?**

(Not at all) 1 2 3 4 5 6 7 8 9 10 (Very much)

**How confident are you that you can achieve this goal?**

(Not at all confident) 1 2 3 4 5 6 7 8 9 10 (Very confident)

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