

ACT NOW

ACTION PLAN

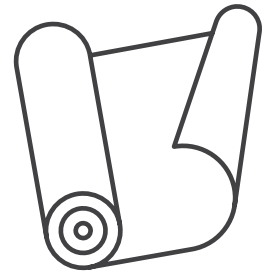
and Goal Setting

We have already established you are ready and motivated to make a change, now we are going to make a specific plan to guide you. This could be as simple as getting some extra activity or doing an exercise program.

1 What is the specific area where you would like to see a change?

2 What is your long-term 'dream' goal?

ACT NOW



3 Write a SMART goal for achieving this.

SMART goals are:

S **Specific** – the more specific you can be, the better.

M **Measurable** – having a target. M also stand for Meaningful – it really needs to be important to you.

A **Achievable** – we want you to succeed. But you can still have those 'big dream' goals – think of this as the first step.

R **Relevant** – does this connect with you and what's important?

T **Time-bound** – what's the time frame? Write it down and check it daily.

SMART goal:

Now let's break it down
4 MY ACTION PLAN

Who

What

Specify exercises/activity recommendations, attach exercise sheet if needed.

When

Where

With whom

For how long

5 How confident do you feel about meeting this target?

0 1 2 3 4 5 6 7 8 9 10

6 Watch out for the following potential obstacles

Prompt regarding Capability, Opportunity, Motivation factors.

7 Tips to help you stick to the plan ('strategies' that could help)

To the best of my ability I will follow this action plan.

Signature

Witness

Date

Review date