

Create an Action Plan

Creating an action plan is an essential part of reaching your goals.

As you make your action plan, keep six things in mind:

- 1. Be realistic.** Plan actions that are realistic for you.
- 2. Make it doable.** Plan small changes. Over time, these changes will add up.
- 3. Be specific.** Plan your actions in detail. Decide:
 - What you will do
 - Where you will do it
 - When you will do it
 - How long you will do it
- 4. Be flexible.** Review your action plan often. Look for ways to cope with challenges. If your action plan isn't working for you, revise it.
- 5. Focus on behaviors.** For instance, you cannot directly control how many pounds you lose, but you can control your actions, such as what you eat and how active you are.
- 6. Make it enjoyable.** Change doesn't have to be painful. It can be fun! So find activities and healthy foods that you enjoy.



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Now it's time to make your first action plan.

Set a goal to work on. (Example: In the next 3 months, I will get 150 minutes of moderate intensity physical activity each week.)

Goal: _____.

1. List 3 actions you will take to reach that goal. Specify where, when, and for how long you will do these actions. As you make your plan, remember to keep it realistic, doable, specific, and flexible.

Action 1: _____.

Action 2: _____.

Action 3: _____.

