Action Plan for Success for: 

Please circle one goal below. You may set a goal that is not listed.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Healthy Eating</th>
<th>Weight Loss</th>
<th>Monitoring</th>
<th>Medication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress Management</td>
<td>Stop Smoking</td>
<td>Foot Care</td>
<td>Dental Exam</td>
<td>Dilated Eye Exam</td>
</tr>
</tbody>
</table>

Example Action Plan

What am I going to do: __walk__
How much will I do: ___30 minutes___
How often will I do it: ___3 days a week___
When will I do it: __9:00 - 9:30 a.m., Mon. Tues., Wed.____

Week in Review:

Last week I... __Walked 20 mins. on Mon. and Thurs.__
Week of ____________________________
My goal is ____________________________

**Action Plan**
What am I going to do: ____________________________
How much will I do: ____________________________
How often will I do it: ____________________________
When will I do it: ____________________________

**Week in Review:**
*Last week I:* ____________________________

---

Week of ____________________________
My goal is ____________________________

**Action Plan**
What am I going to do: ____________________________
How much will I do: ____________________________
How often will I do it: ____________________________
When will I do it: ____________________________

**Week in Review:**
*Last week I:* ____________________________

---

Week of ____________________________
My goal is ____________________________

**Action Plan**
What am I going to do: ____________________________
How much will I do: ____________________________
How often will I do it: ____________________________
When will I do it: ____________________________

**Week in Review:**
*Last week I:* ____________________________

---

Week of ____________________________
My goal is ____________________________

**Action Plan**
What am I going to do: ____________________________
How much will I do: ____________________________
How often will I do it: ____________________________
When will I do it: ____________________________

**Week in Review:**
*Last week I:* ____________________________