

Weekly Action Plan Form

In writing your action plan, make sure it includes:

1. What you are going to do,
2. How much you are going to do,
3. When you are going to do it, and
4. How many days a week you are going to do it.



Manon Joice
Skeena Coach

For example: This week, I will walk (what) around the block (how much) before lunch (when) three times (how many).

This week I will...

What?

How Much?

When?

How Many?

How confident are you? (0= not at all confident; 10 = totally confident)

	Check	Comments
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

After accomplishing your goals how did you reward yourself?

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