

# My Personal Action Plan

Whatever your health goal may be, creating a specific plan can help you succeed. Use the following steps to meet your goal.



**Step  
1**

**Know your reasons. Why is the goal important to you? Make sure this is something you really want to do.**

**Set a specific long term goal that you can reach in 6-12 months.**

**Step  
2**



**Step  
3**

**Set weekly short term goals that will help you reach your long term goal.**

**Prepare for slip-ups and setbacks. Things like time, money, or emotions may get in the way of your goal. How are you going to navigate these challenges?**

**Step  
4**



**Step  
5**

**Plan support and rewards. Who can help you meet your goals? How will you reward yourself?**

**See your success. How will your life be different or improved if you meet your goal?**

