

Wellness Action Plan

Create an outline for your health and well-being

Note the "why" behind your goals to keep your eye on what you really prize.

1. Use this form to help you think about what you want to change to have better health.
2. Share a copy of your completed plan with others who can help you achieve your goals.
3. Review your list of goals every few days or weeks to track your progress.



Steps I want to take	Who will make it happen	When do I want it to happen	What I need to make it work	Things that might get in the way	Others who can help
What steps do I want to take?	Can I do it on my own or will I need someone to help me? Should I check with my doctor?	By when or how often do I want to finish?	What equipment, space or other things do I need to finish my goal?	What things might stop me achieving this goal? How can I get around or remove those barriers?	How will I share my progress? How should we celebrate?
Goal 1:					
Goal 2:					
Goal 3:					
Goal 4:					
Goal 5:					

Why do I want to reach this goal?
How will I feel if I achieve this goal?

1. _____
2. _____
3. _____
4. _____
5. _____

How will I decide my goal has been reached?
What are my measures for success?

1. _____
2. _____
3. _____
4. _____
5. _____