

Name: _____

Today's Date: _____

What is an Action Plan?



It is something *you want* to do.



It is *Achievable*—a plan you can expect yourself to achieve in the next month.



It is *Action-specific*—being healthier is not an action, but hiking, swimming, jumping, and sled riding are all action specific.

Creating an Action Plan



What: specific action—such as walking or raking leaves with my family.



How much: time, distance, or amount—30 minutes, 2 miles, or 1 acre.



When: time of day or which days of the week—after dinner or every Monday, Wednesday, and Friday.

Example 1: What? I will ride my bike with my family **How much?** 1/2 a mile around the neighborhood **When?** every Saturday morning after breakfast.

Example 2: What? I will toss a ball with my child **How much?** for 10 minutes **When?** during spelling practice/homework.

My Action Plan

Now—let's create your own action plan!

Action 1:

What: _____

How much: _____

When: _____

Action 2:

What: _____

How much: _____

When: _____

Family Action Plan

