

Action Planning Worksheet

Forming healthy habits takes time. An action plan can be helpful in reaching your heart health goals. Start small by setting 1-2 actions each week and build on this baseline as you progress through the program.

What

I plan to do



When

I plan to do it



Where

I plan to do it



Who

can help



Why

it is important



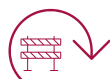
Obstacles

that might occur



How

to deal with
obstacle



I will review my goals on this date:

