# My Action Plan: Blank

Name: Blank Class: Blank Date: Blank

**STEP 1: Identify the health behavior you are going to work on.**

**STEP 2: Write SMART goal(s).**

Write one or two short-term goals (one day to one month).

Write a long-term goal (one to six months or more).

**STEP 3: Make a plan.**

Identify two to five action steps (strategies) you could do to meet your goal.

**STEP 4: Do your plan and track your progress.**

Short-term goal [ ] Met [ ] Not met Date:

Long-term goal [ ] Met [ ] Not met Date:

If you met your goal, what helped you to be successful?

If you did not meet your goal, what obstacles made it harder for you to be successful?