

My Action Plan

	Goal	Goal	Goal
My SMART goal is:			
Actions I will take to achieve this goal:			
I will track my progress using:	<input type="checkbox"/> Physical activity tracker <input type="checkbox"/> Healthy eating tracker <input type="checkbox"/> Meal planning tracker Other:	<input type="checkbox"/> Physical activity tracker <input type="checkbox"/> Healthy eating tracker <input type="checkbox"/> Meal planning tracker Other:	<input type="checkbox"/> Physical activity tracker <input type="checkbox"/> Healthy eating tracker <input type="checkbox"/> Meal planning tracker Other:
Things that might get in the way of achieving this goal:			
Plan to overcome this:			
How confident I can achieve this:	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
I will celebrate my success by:			