



Self-Management Action Plan

One way I want to better manage my health is (examples: walk, stretch, do a relaxation exercise, take medications as prescribed):

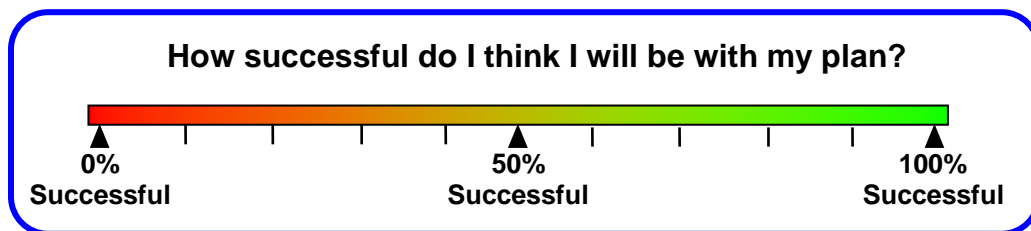
I will focus on this for the next _____ (# days, weeks).

When I will do it (examples: every day after work, Mon/Wed/Fri mornings):

Where I will do it (examples: at the gym, in my neighborhood, at physical therapy):

What might get in the way of following through (examples: I may have other things to do, it might rain):

What I will do about it (examples: pick another day, go to the gym, get rain gear):



**If I rated my chance for success less than 80%,
what improvements can I make to my plan to increase my rating?**
