

Health Changes Plan

TIPS FOR STAYING HEALTHY

- Be physically active
- Don't smoke or use drugs
- Drink alcoholic beverages in moderation
- Eat a healthy diet
- Take your medications and keep appointments with your doctors
- Make time for things you enjoy
- Find ways to relax
- Get the right amount of sleep

PHYSICAL ACTIVITY GOALS

I plan to spend at least _____ minutes each day doing _____, for _____ days each week.

I plan to spend at least _____ minutes each day doing _____, for _____ days each week.

PLEASURABLE ACTIVITY GOALS

I will spend at least _____ minutes each day doing _____, for _____ days each week.

I will spend at least _____ minutes each day doing _____, for _____ days each week.

SOCIAL SUPPORT GOAL

During the next few weeks, I will make contact for at least _____ minutes with:

_____ (name) doing/talking about _____

_____ (name) doing/talking about _____

_____ (name) doing/talking about _____

Specific changes I want to make are (*be specific, what, how, when, where, how often*):

1. _____

2. _____

3. _____

One thing that can keep me from reaching my goals and what I will do about it is:

The steps I will take to achieve my goals, and the resources and support I will need to achieve them are:

How confident I am that I can reach these goals (*circle one*):

1	2	3	4	5	6	7	8	9	10
<i>Not at all confident</i>	<i>A little confident</i>			<i>Somewhat confident</i>			<i>Very sure</i>		<i>Totally confident</i>