



Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Weekly Action Plan

### Creating your Weekly Action Plan

1. I would rate, on a scale of 1-10, How **IMPORTANT** is this new habit to you...

1      2      3      4      5      6      7      8      9      10

Very Little



A Great Deal

2. I would rate, on a scale of 1-10, How **CONFIDENT** are you that you will complete your goal...

1      2      3      4      5      6      7      8      9      10

Very Little



A Great Deal

3. I would rate, on a scale of 1-10, How **READY** are you to start your goal...

1      2      3      4      5      6      7      8      9      10

Very Little



A Great Deal

4. Brainstorm the seven (7) steps necessary to complete the 8 week Whole Health Goal:

1.

4.

2.

5.

3.

6.

7.

5. What is the first step you will be taking towards completing your goal in 8 weeks?
  - a. What will you do?
  - b. How much will you do?
  - c. How often will you do it?
  - d. When will you do it?

Sample Action Plan

Week #: \_\_\_\_\_

What? \_\_\_\_\_

How much? \_\_\_\_\_

How often? \_\_\_\_\_

When? \_\_\_\_\_

Importance level? \_\_\_\_\_

Confidence level? \_\_\_\_\_

Ready level? \_\_\_\_\_

6. Repeat Step 5. To create all 8 weekly goals you will need to complete in order to accomplish your WHOLE HEALTH GOAL. This will be your basic framework for success!