

My Health Action Plan

My visit with

on / /

Things we talked about ...or things I need to do:

A goal I want to focus on to improve my health:

One step I will take next to achieve this goal:

What:

How much:

When:

How often:

How sure am I that I can take this step?

1 2 3 4 5 6 7 8 9 10

Not sure at all

Very sure

What could get in the way? What can I do about this? Who can help me?

My next appointment is on: / /