One way I want to improve my health is (e.g. be more active):

_________________________________________________________

My experiment for this week is (e.g. walk 4 times):

_________________________________________________________

When I will do it (e.g. mornings before breakfast):

_________________________________________________________

Where I will do it (e.g. at the park):

_________________________________________________________

How often I will do it (e.g. Monday through Thursday):

_________________________________________________________

What might get in the way of my experiment (e.g. I have to take the children to school one day):

_________________________________________________________

What I can do about it (e.g. I’ll choose days when I don’t take them to school):

_________________________________________________________

How successful do I think I will be (Mark the scale below):

1 2 3 4 5 6 7 8 9 10
Not Successful  A little Successful  Somewhat Successful  Pretty Successful  Completely Successful

Follow-up plan (how and when): ___________________________________

_____________________________________________________________

Name: _______________________________________________________

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