



My Action Plan

For the Week of _____

1. What are you going to do?
2. How much are you going to do?
3. When are you going to do it?
4. How many days a week are you going to do it?

Example: This week, I will walk (what)
around the block (how much)
before lunch (when)
three times (how many).

This week I will _____ (What)

_____ (How much)

_____ (When)

_____ (How many)

	Did It!	Notes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

How I will celebrate a job well done: