



5. Physical Health: Action Plan Example

What's one thing you want to improve upon. Perhaps it's managing your diabetes, cholesterol levels, high blood pressure, dental, eye care or menopause. *Here's an example to inspire you on your path.*

EXAMPLE

I will start July 20, Saturday

(Start Date: The date when you will start implementing this plan and aim to make it a regular part of your daily life—add it to your calendar!)

I want to improve my blood sugar levels (diabetes)

(Main goal: E.g. Improve cardiovascular fitness, build strength, tone muscles increase flexibility and balance)

I will aim to reach a healthy weight with exercise

*(Type of exercise or activity that aligns with your Main Goal:
E.g: Running, weightlifting, yoga, swimming)*

I will do this for 30 **minutes** 2 **days per week**

*(Frequency: Decide on the duration of the exercise session.
E.g: 30 minutes, 3 days per week.)*

I will do this at the local gym

(Location: Identify where you will exercise. Will you exercise at home, a gym, outdoors, or a specific fitness facility?)

My support buddy is personal trainer at the gym

(Support system: Who can support and motivate you. It could be a workout buddy, a fitness group, or a personal trainer.)

My Milestone Reward is After two weeks without

missing a session I'll treat myself to a massage.

(Reward: E.g. After 2 weeks of sticking to my exercise plan I'll treat myself to a relaxing massage, a new book or exercise gear.)

Not ready for a big change yet? Start off with a tiny habit.

My tiny habit: Spend more time gardening every week

(Small changes over time will have a big impact.)



5. Physical Health: Your Action Plan

Why do you want to focus on this part of your physical health ?

I will start _____

(Start Date: The date when you will start implementing this plan and aim to make it a regular part of your daily life—add it to your calendar!)

I want to _____

(Main goal: E.g. Improve cardiovascular fitness, build strength, tone muscles increase flexibility and balance)

I will _____

*(Type of exercise or activity that aligns with your Main Goal:
E.g: Running, weightlifting, yoga, swimming)*

I will do this for _____ **minutes** _____ **days per week**

*(Frequency: Decide on the duration of the exercise session.
E.g: 30 minutes, 3 days per week.)*

I will do this at _____

(Location: Identify where you will exercise. Will you exercise at home, a gym, outdoors, or a specific fitness facility?)

My support buddy is _____

(Support system: Who can support and motivate you. It could be a workout buddy, a fitness group, or a personal trainer.)

My Milestone Reward is _____

(Reward: E.g. After 2 weeks of sticking to my exercise plan I'll treat myself to a relaxing massage, a new book or exercise gear.)

Not ready for a big change yet? Start off with a tiny habit.

My tiny habit: _____

(Small changes over time will have a big impact.)