

Action Plan

Use this log to track your progress as you change your routine. Depending on the routine, you may practice several times a day, or a few times a week. Each time you try it, note how it went. If it's not working and you need to change something, write it down too. You don't need to share this log with your Lifestyle Coach. It's just for you.

Step 1: What routine do I want to add, stop, or change?		Today's Date:
Step 2: What new routine do I want to try? What SMART goal you will work towards?		
Step 3: What cue will help me remember my new routine?		

Date / Time	Did it work?	Reflection: How is it going? Do I need to change anything?
	☐ Yes ☐ No	
	☐ Yes ☐ No	
	☐ Yes ☐ No	
	☐ Yes ☐ No	
	☐ Yes ☐ No	
	☐ Yes ☐ No	
	☐ Yes ☐ No	