

Designing a Single-strand Action Plan for Wellness (Physical Activity and Fitness)

Element of Action Plan	Action	My Action Plan
? <i>What</i> ?	Set a specific goal to increase and/or maintain Physical Activity and Fitness for optimal wellness	My goal is to:
? <i>When</i> ?	Set a start date, an end date, and check-in dates	I plan to start my action plan on _____ and to finish my action plan on _____. I will check in with my support persons on _____.
? <i>Why</i> ?	List the wellness benefits of achieving my goal	Benefits include:
? <i>Who</i> ?	Identify a peer support person and/or an adult support person	My peer support person is _____. (Signature) My adult support person is _____. (Signature)
? <i>How</i> ?	Step-by-step plan Identify obstacles/ barriers that I might encounter	To achieve my goal, I will: To overcome potential obstacles, I will:
? <i>Where</i> ?	Location for Physical Activity and Fitness plan	