



Behavior Change

My Plan

The behavior I need to change is: not exercising on a regular basis

If I change this behavior I expect the following to occur: have more energy, lose weight, look better, be healthier, set a good example for my family to follow

If I do not change this behavior I expect it to have the following affect on my health in the next 5/10 years: gain more weight, have more health problems, feel worse/get sick more often, increase my risk for diabetes

Action Plan:

Goal: (Remember to follow the SMART principle- specific, measurable, adjustable, reasonable, time-based) I will do 30 minutes of cardio exercise 3 times per week for the next month, and then I will up it to 40 minutes of cardio exercise 3 times per week for another month.

Steps I need to take to reach my goal: Join the gym, take my exercise clothes with me, Join the gym, take my to work, pencil in my exercise days on the calendar, buy a new pair of walking shoes

Start Date: August 15, 2009 (Saturday)

People I will ask to support me: spouse, coworkers, best friend