

Behavior Change Plan

Use this worksheet to set up a plan to help you succeed in making and maintaining changes in the way you take care of yourself, so that you can be healthier and feel better. Ask your program team for assistance in completing and using this plan, and don't forget to review your goals and accomplishments with your doctor at every office visit.

B E H A V I O R C H A N G E P L A N					
Behavior	Goal	Action plan	Predicted obstacles	My planned reward	What worked
Food					
Exercise					
Medications					
Smoking					
Monitoring					
Tests					