**Action Plan- Step 2**

4 marks

**Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Challenge Statement:** Outlines what your struggle is and what you hope to accomplish with your action plan. |
| My challenge statement is  With this action plan, I hope to |

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| **Goal Statement:** A goal statement gives a brief outline of what your goal is and what you will do to accomplish it. |
| My goal is to |

**Action Plan- Step 3**

16 marks

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| **Who:** Who is the main person? Who else is affected? Who is your support person? (2 marks) |
| **Who:** I will be the main person in my action plan.  Other people affected are  My support person is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_because |
| **What:** What are you doing? What are the resources you need? What will you do if you are having trouble following your plan? (3 marks) |
| **What:** For my action plan, I will be  I will need  If I am having trouble following my action plan, I will |
| **Where:** Where will it take place? (all locations) Where can you go for help if you need it? (2 marks) |
| **Where:** My action plan will take place |
| **When:** When will it start and end? When will you know you’ve reached your goal? When will you check in with your support person? (4 marks) |
| **When:** This action plan will begin on November \_\_\_\_,  2013 and will end on November \_\_\_\_\_, 2013. It will last a total of 8 days from start to finish.  I will know I have reached my goal when  I will check in with my support person |
| **Why:** Why is the action plan important to you? What dimensions of health will this improve and how? (3 marks) |
| **Why:** This action plan is important to me because  I will be improving the following dimensions of health:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  How are you improving your dimensions of health? |
| **How:** How will you accomplish your goal? (2 marks) |
| **How:** I will accomplish my goal by |