



West County
Health Centers

Caring for our Communities

SELF-MANAGEMENT ACTION PLAN

AN ACTION PLAN IS A "CONTRACT" YOU MAKE WITH YOURSELF INVOLVING REALISTIC STEPS
AN ACTION PLAN INCLUDES A S.M.A.R.T. GOAL (S=SPECIFIC, M=MEASURABLE, A=ATTAINABLE, R=REALISTIC
AND T=TIME SENSITIVE)

1. List a single goal you have for yourself. What do you want for your health?

2. What is one action step you can take toward your goal?

3. Describe your action step:

What are you going to do? _____

When are you going to do it? _____

Where are you going to do it? _____

How often will you do it? _____

4. Do you foresee any barrier that could hold you back?

5. What plan do you have to overcome this barrier?

6. On a scale of 0-10, how important is this action step to you?

0 1 2 3 4 5 6 7 8 9 10

7. On a scale of 0-10, how confident are you that you can take this action step?

0 1 2 3 4 5 6 7 8 9 10