My Personal Plan

My Action Plan

I will do these three things.

1.

2.

3.

Barriers to reaching my vision:

_____

_____

_____

_____

What do I need to do to address the barrier?

_____

_____

_____

_____

Who can help?

_____

_____

_____

_____

What barrier can I overcome in the next week?

_____

_____

_____

Adapted from: Colorado Team Nutrition "Winning the Losing Game" Module 2-Weight Management