

My Health Plan





My Health Plan

This health plan is for you to take home and use. Please bring it to every appointment – with both Intensive Behaviour Change practitioners and Peer Coaches.

This booklet will help you with setting behavioural goals.

You can record an action plan and how you're going to monitor progress.

There is space to record multiple goals and/or update goals after reviewing your progress.

Space to record goals can be found on pages 3-10.

You can also record your daily activity, such as whether you remembered to take your statin, or how many minutes you walked each day.

You can record your activity once a day or multiple times a day, depending on choice and the goal set.

It might be helpful to write down activity each day, rather than trying to remember at the end of the week.

Space to record activity can be found in the 'How I Am Getting On' section on pages 11-26.

We have provided extra copies of 'My Behavioural Goal' and 'How I Am Getting On' in this booklet, for you to use once the UCLP-Primrose appointments have finished.



My Behavioural Goal

You should use this section to set a behavioural goal. You can record your action plan and how you're going to monitor progress. Space to record your daily activity can be found in the 'How I Am Getting On' section (pages 11-26).

My goal is to:



Why

I have chosen this goal



My Action Plan

Where

I am going to go:



When

I am going to do it:

How long

I am going to do it
(if relevant):

With whom

I am going to do it:

How

I will be supported by
the people listed above:

What

Could help me achieve
my goal:

My Progress

How

I will check how I'm doing
(e.g. number of minutes spent
doing physical activity):



What

Setbacks I could face
and how I will cope
with them:

My Next Appointment

Date





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How am I getting on

You should use this section to record activity, such as whether or not you have taken your statin each day.

There is space to record once a day or multiple times a day, depending on the goal set.

It might be helpful to write down activity each day, rather than trying to remember at the end of the week.





Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3							
4							



Week	5	6
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7							
8							



Week	9	10
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Week	11	12
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		





Week	13	14
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Week	15	16
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		





Week	17	18
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Week	19	20
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		





Week	21	22
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Week	23	24
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		





Week	25	26
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Week	27	28
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		





Week	29	30
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Notes

Lined area for notes, consisting of multiple horizontal dotted lines.






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