



## How to Develop a Health Action Plan in Five Easy Steps



Use the data from your health assessment report to help you define health goals and develop an action plan for reaching your goals in 2019. To take the assessment, click [Well onTarget® Health Assessment](#) to receive your free health report.

The steps below will guide your thinking as you develop a health action plan. To help you create a health action plan, we have provided a health action plan template you can fill in online and print.

### Step 1

#### To create a good health action plan, start by creating achievable SMART health goals.

Here is a basic definition of SMART Health goals:

- **Specific:** Your goal is clearly defined. *“I want to lose six pounds.”*
- **Measurable:** You can quantify the goal in small increments. *“I will lose one pound a month.”*
- **Attainable:** The goals you set are achievable in one year. We suggest you set no more than three health goals for 2019.
- **Relevant:** Your goals should fit within your ultimate plans in life.
- **Time:** Set a date you want to achieve your goal. For example, *“I will lose six pounds in six months.”*

### Step 2

#### Determine what needs to happen to reach your health goals.

Consider the lifestyle changes you need to make to achieve your goals. Get specific on what it takes to reach your goals within the time frame you outlined. What food swaps are you going to make? How often will you exercise? How will you improve the way you manage stress?

### Step 3

#### Set success milestones and rewards.

Create mini-goals or milestones that move you toward the big goals. Also, don't forget to celebrate when you achieve a milestone. Decide how you will reward yourself each time.

### Step 4

#### Decide how you will manage barriers that will impact your success.

Along with your journey to being healthy, you will have some challenges. Think about what barriers may prevent your success and create a plan to remove them.

### Step 5

#### Create a daily task schedule.

Decide what small steps you can take each day that will help you reach your health goals. Break the goals down to small tasks you can do successfully. Remember small changes lead to BIG wins!

## Healthy Action Plan Work Sheet

Use this action plan worksheet to develop your 2019 Health Action Plan. Once you have written your plan, use a mobile app like [MyFitnessPal](#), [iTrackBites](#) or [Fooducate](#) to track your progress. Tracking your progress will help stay focused and on track to reach your goals.

Once you complete the action plan, post it somewhere in your home or workspace to keep your health goals top of mind.

| Goal One               | Actions                              | When                            | Success Indicators                              | Start/Finish                                    |
|------------------------|--------------------------------------|---------------------------------|---|---|
| What I want to achieve | What I need to do to achieve my goal | When do I want to reach my goal | What milestones tell me I am on the right track | When will I start and finish working on my goal |
|                        |                                      |                                 |   |   |

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|                        |                                      |                                 |   |   |