

Change Plan Worksheet pdf

THE CHANGES I WANT TO MAKE ARE ?

For example: lose weight and be healthy

WHY I WANT TO MAKE THAT CHANGES?

For example: To look good and feel confident.

THE STEPS I NEED TO TAKE TO MAKE THAT CHANGE.

For example: I will go to the gym

WHO CAN HELP ME IN THIS?

For example: a nutritionist can help me create a diet plan

WHAT CAN INTERFERE WITH MY PLAN?

For example: going out with my friends to eat

HOW CAN I KNOW MY PLAN IS WORKING?

For example: I will check my weight every week