

## Figure 2.1: My Physiological Action Plan

Week \_\_\_\_\_

Strategy		S	M	T	W	T	F	S
	Goal							
	Actual							
	Notes:							
	Goal							
	Actual							
	Notes:							
	Goal							
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	Notes:							
	Goal							
	Actual							
	Notes:							
	Goal							
	Actual							
	Notes:							
<p>If you're working with an accountability partner or group:                      How can your partner or group help with your accountability? (For example, can you check in with one another daily via text, via email, or face-to-face?) List your ideas here.</p> <p>How can you help support your accountability partner or group? List your ideas here.</p>								

Mind Tools Content Team. (n.d.). *Action plans: Small-scale planning*. Accessed at [https://mindtools.com/pages/article/newHTE\\_04.htm](https://mindtools.com/pages/article/newHTE_04.htm) on December 16, 2016.