



Use this plan to
transform your

body
image

goals
into actions

Action plans can help you!

Studies have reported the following benefits of action planning:



Components

WHY do you want to achieve the goal - less EMBARRASSMENT, to PLEASE your wife or husband, make your children PROUD of you.

HOW does physical activity fit into your weekly schedule? Check out LOCAL activities.

WHEN & WHERE will you do the activity - be SPECIFIC (e.g. time of the day, trail you want to run).

WHAT do you need for the activity - be PREPARED (e.g. workout plan & equipment).



EXAMPLE OF A 1-WEEK

ACTION PLAN

MONDAY



Upper body sculpt

5:00 pm - Upper body sculpt class with Leah.
*I need my water bottle & towel & protein snack for after.

TUESDAY



Shoulders and arms

5:00 pm - Shoulder and arm day on my own at the gym.
*I need my workout plan and headphones.

WEDNESDAY



4km run

8:00 pm - 4km loop by my house with Tyler with the app "Map my Run".
*I need my phone and headphones.

THURSDAY



Legs and abs

5:00 pm - Legs and ab day at the gym on my own.
*I need my workout plan and headphones.

FRIDAY



Ultimate Boot camp

5:30 pm - Ultimate Boot camp with Instructor Taylor.
*I need my water bottle, a towel, and a snack.

REST DAYS

A WEEK WITH ACTION PLANNING



MONDAY

___:___ am/pm - _____

Activity: _____

*I need _____

TUESDAY

___:___ am/pm - _____

Activity: _____

*I need _____

WEDNESDAY

___:___ am/pm - _____

Activity: _____

*I need _____

THURSDAY

___:___ am/pm - _____

Activity: _____

*I need _____

FRIDAY

___:___ am/pm - _____

Activity: _____

*I need _____

REST DAYS

You did it! Congratulations!



Stop dreaming
Start doing