

Getting Healthier Action Plan

Directions: Mike wants to be healthier. He wants to make a few changes in his life. Look at his chart, then fill in your own chart. Start with just a few changes. When you finish, talk about it with a partner.

Mike's Plan

	Healthy Things I Do	Unhealthy Things I Do	Changes I Want To Make
physical activity	walk 15-30 minutes a day	watch TV 2-3 hours a day	exercise 30 minutes a day, and watch less TV
nutrition	eat balanced meals		
preventive care		my last checkup was 5 years ago	get a checkup
tobacco	don't smoke		
alcohol	drink moderately		
drugs and medications		sometimes I don't understand dosage and directions on medication labels	ask the pharmacist to explain if I'm not sure

Getting Healthier Personal Action Plan

Directions: Mike wants to be healthier. He wants to make a few changes in his life. Look at his chart, then fill in your own chart. Start with just a few changes. When you finish, talk about it with a partner.

My Plan

	Healthy Things I Do	Unhealthy Things I Do	Changes I Want To Make
physical activity			
nutrition			
preventive care			
tobacco			
alcohol			
drugs and medications			
