

### Getting Healthier Action Plan Example

*Directions:* Mike wants to be healthier and make good health decisions. He wants to make a few changes in his life. Look at his plan, then fill in your own plan. Start with just a few changes. When you finish, talk about your action plan with a partner.

	Healthy Things I Do	Unhealthy Things I Do	Changes I Want to Make	What I Need to Do
<b>physical activity</b>	walk 15-30 minutes a day	watch TV 2-3 hours a day	exercise 30 minutes a day, and watch less TV	make a schedule substitute TV with exercise
<b>nutrition</b>	eat balanced meals			
<b>preventive care</b>		my last checkup was 5 years ago	get a checkup	call the doctor
<b>tobacco</b>	don't smoke			
<b>alcohol</b>	drink moderately			
<b>drugs and medications</b>		sometimes I don't understand dosage and directions on medication labels	ask the pharmacist to explain if I'm not sure	look at my medications and write out my questions

**My Getting Healthier Action Plan**

*Directions:* Fill in the chart. Start with just a few changes. When you finish, talk about your action plan with a partner.

	<b>Healthy Things I Do</b>	<b>Unhealthy Things I Do</b>	<b>Changes I Want to Make</b>	<b>What I Need to Do</b>
<b>physical activity</b>				
<b>nutrition</b>				
<b>preventive care</b>				
<b>tobacco</b>				
<b>alcohol</b>				
<b>drugs and medications</b>				