



Whole Health Action Management

My Goal and Weekly Action Plans

NAME _____

This booklet is provided by the SAMHSA-HRSA Center for Integrated Health Solutions (www.integration.samhsa.gov). CIHS promotes the development of integrated primary and behavioral health services to better address the needs of individuals with mental health and substance use conditions, whether seen in specialty behavioral health or primary care provider settings. CIHS offers technical assistance and resources for all those who are committed to addressing the complete healthcare needs of these individuals. CIHS is run by the National Council for Behavioral Health under a cooperative agreement from the U.S. Department of Health and Human Services and funded jointly by the Substance Abuse and Mental Health Services Administration and the Health Resources Services Administration.



My Goal

In order to (why)

My whole health and resiliency goal is to (what I want to achieve):

By (when)

TIP Your goal can be effective only if it has **IMPACT**:

- **I**: Does it Improve the quality of my health and resiliency?
- **M**: Is it Measurable in terms of my supporter knowing if I have accomplished it?
- **P**: Is it Positively stated as something new I want in my life?
- **A**: Is it Achievable for me in my present situation and with my current abilities?
- **C**: Does it Call forth actions that I can take on a regular basis to begin to create healthy habits?
- **T**: Is it Time limited in terms of when I will begin and when I plan to accomplish it?

My Action Plan: Week 1

What:

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How much:

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How often:

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When:

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Confidence scale score:

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Daily Log: Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

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TIP Focus on what I want to create, not on what I want to change. My action plan needs to relate to healthy actions that I want to do and can expect to do during the next week to reach my goal. I decide how confident I am about my weekly action plan, using a scale of 0-10 (0 = no confidence and 10 = total confidence.) My Confidence Scale score should be 7 or higher — I can increase the number by lessening the actions (the “how many” and the “how often”), by identifying and removing barriers, and/or by seeking support.

My Action Plan: Week 2

What:

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How much:

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How often:

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When:

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Confidence scale score:

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Daily Log: Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

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My Action Plan: Week 3

What:

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How much:

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How often:

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When:

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Confidence scale score:

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Daily Log: Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

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My Action Plan: Week 4

What:

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How much:

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How often:

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When:

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Confidence scale score:

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Daily Log: Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

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My Action Plan: Week 5

What:

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How much:

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How often:

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When:

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Confidence scale score:

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Daily Log: Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

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My Action Plan: Week 6

What:

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How much:

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How often:

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When:

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Confidence scale score:

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Daily Log: Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

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TIP Focus on what I want to create, not on what I want to change. My action plan needs to relate to healthy actions that I want to do and can expect to do during the next week to reach my goal. I decide how confident I am about my weekly action plan, using a scale of 0-10 (0 = no confidence and 10 = total confidence.) My Confidence Scale score should be 7 or higher — I can increase the number by lessening the actions (the “how many” and the “how often”), by identifying and removing barriers, and/or by seeking support.

My Action Plan: Week 7

What:

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How much:

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How often:

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When:

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Confidence scale score:

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Daily Log: Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

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My Action Plan: Week 8

What:

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How much:

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How often:

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When:

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Confidence scale score:

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Daily Log: Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

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Relaxation Response

To elicit the relaxation response there are two essential steps:

- Repetition of a word, sound, phrase, or muscular activity.
- Passive disregard of everyday thoughts that inevitably come to mind and the return to my repetition.

How to Increase My Physical Activity

- Go for a daily walk.
 - Listen to an audio book or my favorite radio talk show while walking.
 - Walk to the corner or around the block to check my mailbox.
 - Get involved in active and fun recreational activities — hiking, biking, gardening, bowling, dancing, etc.
 - Actively play with my children instead of watching them.
- Put away the remote and get up to change TV channels.
 - Walk around the house during TV commercials.
 - Take the stairs instead of the elevator.
 - Walk to and from lunch.
 - Start using a pedometer to count my daily steps and increase every week.

How to Eat Healthy

Meal Strategy

- Three main meals plus snacks so I am never hungry.
- No eating within 3 hours of bedtime.
- Dessert is an every-other-day treat.
- In any recipe, I can replace a fruit or vegetable with another to suit my tastes.
- I can keep track of what I eat at mychoicescount.com

Eat Whole grain carbohydrates, fiber, nuts with healthy monounsaturated and polyunsaturated fats, protein such as lean meats (two-legged preferred), fish.

Don't Eat Added sugars, simple carbohydrates, fructose as in high-fructose corn syrup, trans fat, saturated fat, non whole grain flour, enriched or bleached flour.

In a Hunger Emergency Apples, almonds, walnuts, sugarless gum, water, cut up vegetables, low-fat yogurt, cottage cheese.

My Medications



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