

Action Plan

Personal Activity Goal(s):

To Achieve This/These Goal(s), I Will:

Possible Barriers:

Ideas To Overcome Barriers:

I Want To Accomplish This/These Goal(s) By: \_\_\_\_\_

It Is My Intention To Achieve This/These Goal(s)

\_\_\_\_\_  
Signed

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date

Need ideas? Check out Canada’s Physical Activity Guide online at [www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)