

My Heart & Brain Healthy Plan



Your plan may go perfectly or it may not, which is normal when people try new things.

My action plan is: (Example: Go for a 30 minute walk on Monday, Wednesday and Friday morning at 9am)

My goal is: (Example: Make walking a part of my life at least three days of the week)

Choose how to check-in. Use the following questions as a guide:

A check-in helps you learn what worked, what didn't and what you want to do next!

Do-it-yourself check-in:

Make an appointment with yourself to look at how it went.

Check-in with someone else:

You can check in with someone else. They can:

- Help you find new ideas
- Just listen or offer support
- Not give advice
- Let you decide what will work for you

It's about learning:

Your plan may go perfectly or not; there will still be things to learn. You may learn:

- What you like and what you don't
- What makes sense for you and what does not!

My plan to check-in:

To support myself to complete and learn from my plan I will check in with:

1. Myself. I will sit down on the at and
2. Someone else. We will check in by (phone, text, in person) on the at

Check-in Question Guide

Remember, checking on the plan isn't about finding success or failure, it's about learning. You didn't fail if you learned something! If your plan went well, celebrate!

1. How did it go with the plan?

2. What did you learn?

3. What do you want to do next?

4. If you are going to make another plan, write it here!

(What is it? When am I going to start? How long?)

Start date:

5. How sure are you that you can complete your plan?

6. What would make you more confident?

Adapted with permission from: Centre for Collaboration, Motivation and Innovation www.centrecmi.ca and Patients as Partners at the BC Ministry of Health in the development of the "Checking in on my plan sheet".