

Change Plan

Change plans can be used to review your overall goal and assess how well you have done at making some permanent lifestyle changes. Writing it down and having a plan can support the behaviour changes you're trying to make. Supporting information and ideas on how to be healthier can be found on www.knowdiabetes.org.uk

Next steps

1. Download ↓
2. Print
3. Fill in

I want to achieve the following...

Date: _____

I want to achieve this because...

These are the steps I need to take to achieve this, and the order in which I need to tackle them...

My goal:

Steps I need to take to achieve this smart goal:

Order in which I need to tackle these steps:

I am prepared to tackle the following right now in order to achieve this...

If you need help filling this in speak to someone who is supporting you with this change and share with your healthcare team, for support and motivation.

I need the following things to achieve this step (eg. help from other people, start a programme, learn more, prepare, get inspiration, break down barriers) and I am going to get them from the following places...

What do I need?

Where/How am I going to get it?

I will know when I have achieved this step when...

I will reward myself for achieving this step by...

The following barriers might get in the way of me achieving this step...

I am going to put the following steps in place to try and overcome or limit these barriers...

I will set a date and time to review my progress...

I will know it's time to move onto the next step when...
