

Klamath Healthy Active Challenge: Personal Action Plan

You've made some changes during the 6-week Challenge. Now that the Challenge is drawing to a close, how will you continue to work towards your goal whether that is moving more, reducing your stress, eating better, etc?

Complete the questions below then share what you've written with one other person. Turn this form in via fax (541-883-4582), drop off or mail to OSU Extension, 3328 Vandenberg Rd, KFO 97603 by May 26th. You will be entered in a drawing for \$50 dinner at Running Y Ranch House Restaurant. Your responses will be kept confidential.

My goal for the next 3 months is to: _____

_____.

I will benefit from meeting this goal by: _____

Things that could get in the way of me reaching this goal are: _____

People that can help me reach my goal are: _____

_____.

Date I will check my progress by: _____

I will give myself this reward for meeting my goal: _____

On a scale of one to ten (1 being not at all, 10 being totally) I am this confident I will meet my goal: _____

