

My 20-Year Action Plan

What I can do forever:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

My three favorite foods:

1. _____
2. _____
3. _____

My plan for managing them:

1. _____
2. _____
3. _____

My exercise plans:

1. _____
2. _____
3. _____

Barriers and life issues that I will work on, including my plan for improvement:

1. _____
2. _____
3. _____
4. _____
5. _____

Immediate plan if I begin gaining weight:

1. _____
2. _____
3. _____

For instructions and examples for this worksheet, see the Diet Coach Cafe article, *"Making a 20-Year Plan."*