









I. My Action Plan

I _____ have agreed that to improve my high blood pressure I will:

Choose TWO of the goals below (Be specific. When, how much and how often?)

Goals							
What you'll need to do to implement this strategy. (e.g., walking for 10 minutes Mon, Wed, Fri after breakfast)							
__Increase physical activity 	__Take my medications 	__Lower salt in food 	__Improve my food choices 	__Check my home blood pressure 	__Reduce stress 	__Cut down on smoking 	__Your own idea: 

Goal #1: Progress Indicated at Benchmark	Goal #2: Progress Indicated at Benchmark
How you know that you have made progress on your TWO goals. Elaborate on the details of what you'll do.	How you know that you have made progress on your TWO goals. Elaborate on the details of what you'll do.
What: _____ How much: _____ When: _____ How Often: _____ Where: _____ Start Date: _____ Follow-Up Date: _____ Completion Date: _____ Best Way To Follow-Up: _____	What: _____ How much: _____ When: _____ How Often: _____ Where: _____ Start Date: _____ Follow-Up Date: _____ Completion Date: _____ Best Way To Follow-Up: _____

Notes:

03/20/2025

My Action Plan Calendar

Draw a ○ in the box for the days that the action plan was set. If the goal for that day is reached, draw a check ✓ inside the circle.

Goal #1: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							
Week 11							
Week 12							
Week 13							
Week 14							
Week 15							
Week 16							

Goal #2: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							
Week 11							
Week 12							
Week 13							
Week 14							
Week 15							
Week 16							

Download more sheets of this action plan at <https://inspiredstudy.ucsf.edu/home> .