

# HEALTH & WELLBEING COACHING – ACTION PLANNING

## **LONG TERM GOAL**

What is your long term health goal?.....  
When do you want to achieve this by?.....  
How will you track your progress?.....

## **SHORT TERM GOAL**

What specific goal do you want to focus on for today's session?.....  
.....  
What would be a good outcome from today's session?.....

## **CURRENT REALITY**

What could be getting in the way of you achieving this goal?  
.....  
.....  
.....

## **OPTIONS/IDEAS**

What could you do to achieve this goal? (include all ideas even unrealistic ones)  
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.....  
.....  
.....  
.....

## **ACTION**

Which ideas are most achievable (choose from options above)?  
.....  
What specifically will you do?  
.....  
When will you start?.....