

PLANNING YOUR ROUTINE

WHAT ARE SOME THINGS YOU WANT TO BE PART OF YOUR ROUTINE?

Examples: exercise, reading, quality time with my kids

1. _____
2. _____
3. _____

WHAT GETS IN THE WAY OF YOU ACCOMPLISHING YOUR GOALS OR TASKS ABOVE?

Examples: working overtime, needing new glasses, too tired

1. _____

2. _____

3. _____

WHAT ARE THINGS YOU CAN DO TO ADDRESS THE BARRIERS YOU WROTE DOWN IN THE BOX TO THE LEFT?

Examples: start with a 30 min walk, go to bed earlier

1. _____

2. _____

3. _____

Use this calendar to lay out things you can change and incorporate into your schedule. The calendar can include specific things you want to incorporate into your routine (like a specific exercise), or changes you need to make to reduce barriers (like going to bed early). Use the support column to think of people or things you can use to help you accomplish your goals.

ACTIVITY	SUN	MON	TUES	WED	THUR	FRI	SAT	SUPPORT

HOW CAN YOU REWARD YOURSELF FOR SUCCESSFULLY MAKING NEW THINGS PART OF YOUR ROUTINE? Example: if I walk for 30 min, 3 times per week for 2 weeks, I can treat myself to a dinner out.

1. _____
2. _____
3. _____