

Your Name

What would you like to achieve that could help improve your health?

(always consult your GP if you are concerned about your health or have already been diagnosed with a health condition)

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PERSONAL DEVELOPMENT PLAN

What is your goal?

Short-term:

Long-term:

For example:

- To improve your eating habit and lose weight
- To increase physical activity level e.g. walking every day *(start with a short distance for 10-15 min at a moderate pace)* or join the group
- To be able to cope better with stress and anxiety
- To develop a strategy for health and wellbeing that could reduce your health risks in the future?

Why are your goals relevant to you? What is your motivation to achieve your target? *(You need to be determined and consistent in your strategy)*

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What means of support do you have?

(Are you joining a supervised group? Or, is your family or friend helping you to achieve your goal?)

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What is self-management?

Self-management includes the actions we take every day to stay fit at optimum level, physically and mentally, and meet our personal and social needs. We should be able to prevent ill health or accidents through making informed lifestyle choices, and, if diagnosed with a health condition, to cope more effectively with its symptoms.

Monitoring of Progress

Date	Weekly Monitoring Plan Are your goals set to the S.M.A.R.T. targets? (specific, measurable, achievable, realistic and timed)
	Review & Evaluation: