

### WBA2 Create an Action Plan for Your Goals Worksheet

Use this worksheet to organize your responses to Module 2, Assignment 2. Submit this worksheet to the Module 2 Assignment 2 Dropbox no later than Day 7 of Module 2. Include necessary and concrete time-management strategies to support and document your own progress in preparation for the paper you'll write later in this course. Add details to organize your thoughts for each question and write clearly. The completed worksheet should be no more than 5000 bytes.

1. Using the general goal that you identified in Module 2, Assignment 1, for the goal, come up with a system of three intermediate goals. Then, describe at least two strategies for each intermediate goal.

**Intermediate Goal 1** was to have 20 pounds in the next month, by eating healthier and exercising more.

- **Intermediate Goal 1:** To make a more regular meal to eat healthier food.
  - o **Action Item 1:** I will make a meal plan for the whole month rather than day by day to avoid my needs.
  - o **Action Item 2:** I am going to make schedules for myself every morning that include tasks, amount and time needed.
- **Intermediate Goal 2:** Eating right will help, but exercise is also a necessity to losing weight.
  - o **Action Item 1:** I will take a walk around the block on my lunch breaks.
  - o **Action Item 2:** I am going to do a workout after being my extra steps at least 4 times a week.
- **Intermediate Goal 3:** Exercise alone doesn't help me lose weight, my knowledge is important. I need to be careful of the calories I take and replace it with fiber.
  - o **Action Item 1:** Instead of drinking coffee with 50-60 grams of sugar, have 1 or 2 cups of tea. My colleagues with more non-sugary 5-10 grams of sugar instead of being used to 60g sugar.
  - o **Action Item 2:** No more!