Carepatron's Action Plan Template

The Goal: To lose 5kg of fat over the next 4 months.

Action Tasks	Daily physical activity (at least 30 minutes)	Following the mediterranean diet	Getting at least 8 hours of nightly rest	
Timelines	I aim for this to be a consistent habit, particularly over the next 4 months	Consistent over the next 4 months (January - April)	On week nights I should be in bed between 9:00pm - 10:30pm. On weekends I should be in bed by 11:30pm latest.	
Responsibility	This is my responsibility, but I can ask my friends to join me on daily walks or workout classes	This is my responsibility	This is my responsibility	
Resources	Shoes (depending on movement form) Comfortable clothing	Recipe book Whole foods Food journal Meal plan	Beginning a good sleep routine by reading or meditating before bed.	
Barriers	Poor weather conditions (for walks)	Social events involving going out for food or drink. Failing to meal plan and prep.	Arriving home late. Evening social outings	
Success	I know I will be successful if I have completed some sort of movement at the end of the day.	I know I am succeeding when I am able to reflect on my food journal and see a range of whole foods and beverages.	I will know I am successful when I feel well-rested and in bed within the timelines I have set myself.	
Progress and Notes				