

Behavioral Action Planning

Use Behavioral Action Planning to help your patients create a change plan when they express readiness. Here is an example of a worksheet you can create to use with your patients.

Ask “Is there something you would like to work on in the next week or two for your health?”

No/Unsure

Continue use of
Motivational Interviewing

Yes

Work with patient to
create change plan

My Change Plan

WHAT
This week I’m going to work on...

WHEN
I plan to work on it...

WHERE
I’m going to do this at...

HOW
How often and for how long?

For more information: www.greauxhealthy.org [f/greauxhealthyPB](https://www.facebook.com/greauxhealthyPB)
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