

# PERSONAL HEALTH IMPROVEMENT PLAN

- 1. Broad aim:** Write a brief, general statement that describes what you want to achieve or change (e.g., increase my physical activity).
- 2. SMART goal:** Create a goal that is specific, measurable, achievable, relevant, and has a reasonable time frame (e.g., walk 30 minutes at the gym every morning before work for 30 days).

**3. Likelihood of success:** Answer the following motivational questions to assess your likelihood of success.

a. How *important* is it for you to achieve your goal (1 = not at all important; 10 = extremely important)?

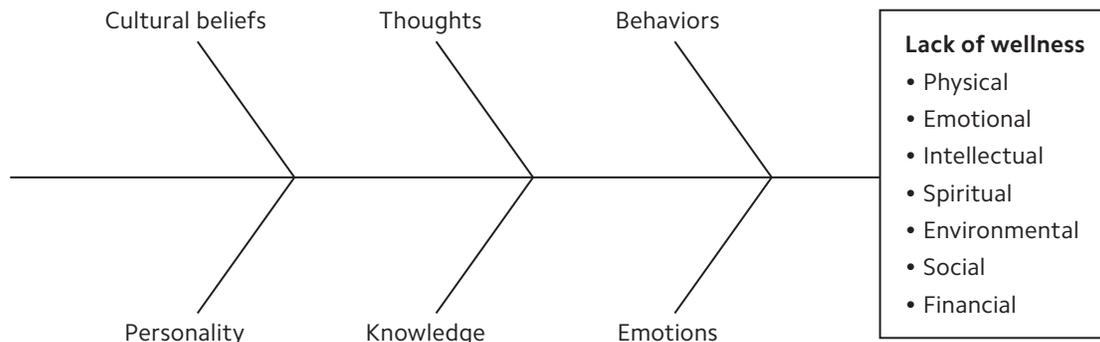
1    2    3    4    5    6    7    8    9    10

b. How *confident* are you that you can achieve your goal (1 = not at all confident; 10 = extremely confident)?

1    2    3    4    5    6    7    8    9    10

Note: If you rated either question as a 6 or below, consider choosing a different goal.

**4. Process map:** Create a cause/effect diagram of the factors that contribute to your current gap. What factors threaten your personal wellness goal?



**5. Measures:** How will you know that you've reached your goal? What will you measure, and how will you measure it?

a. Process metric to confirm that an action is completed (e.g., a yes-no question: Did I walk today?):

b. Outcome metric to know if you've made a difference (e.g., a numeric rating on a Likert scale: On a scale of 1-5, how energetic do I feel today?):

**6. Activities to accomplish the goal:** What next steps will you take (e.g., purchase sneakers or join a gym)?

**7. Resources to help accomplish your goal:** Who and what do you have or need to achieve the above?

a. Resources I *have* (e.g., walking group):

b. Resources I *need* (e.g., partner):

**8. Timeline:** Your SMART goal (above) includes a general time frame, but specifying the start, assess, and end dates can increase accountability. Ideally, you should start today and continue for a minimum of 30 days.

Start date: \_\_\_\_\_ TODAY \_\_\_\_\_ Assess date: \_\_\_\_\_ Finish date: \_\_\_\_\_



**FPM Toolbox** To find more practice resources, visit <https://www.aafp.org/fpm/toolbox>.

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