

<b>What I want to be</b>	
<b>What</b>	
<b>When</b>	
<b>Where</b>	
<b>With whom</b>	
<b>For how long each time</b>	
<b>How often per week</b>	
<b>For how many days/weeks</b>	
<b>Reminder</b>	
<b>Anticipated barriers</b>	
<b>Accountability</b>	
<b>Tracking</b>	
<b>Reinforcement/ Reward</b>	
<b>Overcoming barriers</b>	
<b>Getting support</b>	



# My Behavior Change Plan

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