

Sample Behavior Change Plan

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

My Behavior Change Plan

What I want to be	
What	
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