

Appendix 1. My goal ladder for my week goal, with action plan for each step (see Footstep 4)

	Things that help my progress	My goal is: Time:	Things that block my progress
Week 7			
Week 6			
Week 5			
Week 4			
Week 3			
Week 2			
Week 1			

Start. Use action plan for each step:

- What
- How much
- When
- How often