

WV Adolescent Self-Management Action Plan Form

Color print front and back on ½ page of card stock

Instructions to SBHC staff for using the ACTION PLAN form:



1. Ask: Is there something you would LIKE to work on? (A health GOAL) Student may circle graphic or write in a health goal.
2. Tell: Goals are often too big to accomplish all at once and breaking them into small, manageable steps can help you make small changes that lead you towards your goal.
3. Ask: Is there something doable you'd like to accomplish this week? (Help them come up with a small step....do not tell them what to do)
4. What would help them succeed? (Maybe help from family member or buddy, way to remember, substitute another activity, etc.)
5. On a scale of 1-10, with 1 being not confident and 10 very confident, how determined are they to accomplish their action plan? This is a chance to problem solve barriers if they have a low confidence level (below 7).

If confidence level is low, ask them why they aren't confident...what will keep them from doing their action plan? Problem solve with them when appropriate using the problem solving steps below:

Problem Solving Steps:

1. Identify the problem (This is the most difficult and most important step)
2. Brainstorm solutions with them (consider adjusting the action plan to something more reasonable to accomplish)
3. Pick one to try

Ask student to keep track of action plan using the back of the form, document their action plan and schedule a 1 week follow up appointment.

Encourage all progress, no matter how small. Make another weekly action plan.