

WHAT (What are you planning to do to demonstrate your understanding?)
In order to address the health opportunity or the health challenge
and affirm my personal standards about

my personal goal is to:



WHY (Will this action help us learn and/or demonstrate my understanding?)
I think this action will address the health opportunity or the health
challenge and affirm my personal standards about

because

WHO (This could be groups members, teacher, family members, or
whomever will be helping you to achieve your goals)
I will be working with

WHERE

I will plan and carry out my action plan at

WHEN It will take me _____ days to plan, create, or do.

My presentation due date will be _____

HOW (Think about all the steps needed to complete your chosen product.
This may include: planning, making, practicing, discussion, performing, or presenting!)
To meet my goal, I will need to

My Action Plan



Use this space to jot down **ideas** as you think about your Action Plan:



name:

