



The Action Planner

You wrote about the main aim, pros, cons, benefits, strategies, etc. of your Health Programme. Now, it is time to summarize all the information and write your action planner. Reread the information and complete it.

Follow the template, remember to write all the important information you need.

Programme:	
Date:	
Goals of Plan:	

Timing	Activities

Obstacles	Solutions
Resources	Motivation
Results	
Additional Notes	