

# Change Plan

Change plans can be used to review your overall goal and assess how well you have done at making some permanent lifestyle changes. Writing it down and having a plan can support the behaviour changes you're trying to make. Supporting information and ideas on how to be healthier can be found on [www.knowdiabetes.org.uk](http://www.knowdiabetes.org.uk)

## Next steps

1. Download ↓
2. Print
3. Fill in

**I want to achieve the following...**

**Date:** \_\_\_\_\_

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**I want to achieve this because...**

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These are the steps I need to take to achieve this, and the order in which I need to tackle them...

**My goal:**

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**Steps I need to take to achieve this smart goal:**

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**Order in which I need to tackle these steps:**

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**I am prepared to tackle the following right now in order to achieve this...**

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If you need help filling this in speak to someone who is supporting you with this change and share with your healthcare team, for support and motivation.

I need the following things to achieve this step (eg. help from other people, start a programme, learn more, prepare, get inspiration, break down barriers) and I am going to get them from the following places...

**What do I need?**

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**Where/How am I going to get it?**

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**I will know when I have achieved this step when...**

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**I will reward myself for achieving this step by...**

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**The following barriers might get in the way of me achieving this step...**

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**I am going to put the following steps in place to try and overcome or limit these barriers...**

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**I will set a date and time to review my progress...**

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**I will know it's time to move onto the next step when...**

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