



# **Creating and Building Your Recovery Goals: Weekly Action Plan and Log**

*Introduction:* Establishing goals can help you build a foundation and can provide purpose and direction in different areas of your life. Think about different aspects of your life where you would like to accomplish something you have never done before or improve upon a skill you already practice. Your goal can be anything. It can be related to an everyday task, fitness, nutrition, a relationship, or a hobby.

*Identify your Goal:* \_\_\_\_\_  
 (Example: I will double the distance I can swim by the end of the month.)

## **Developing an Action Plan**

Now that you've chosen your goal, create an action plan to help you achieve it. Use the following pages to document your progress each week, so you can track your plan and stay motivated by keeping a daily action log. Take time after each week to reflect on your progress and think about how you can take your action plan to the next level to achieve your goal. Your goal is within reach!

Write a few sentences or think about how you are going to reach your goal. What steps do you need to take? *Example: I will swim three times every week in order to build the stamina/endurance to double the distance I can swim.*

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## Week 1

***Log: Write down the steps you take during the week that are part of your action plan. Think about even the small steps you may be taking to reach your goal.***

Sunday (Example: *I researched locations close to my home that will be convenient for swimming sessions.*)

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Monday (Example: *I swam for 20 minutes in the pool this afternoon.*)

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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*Weekly Observation and Progress*

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## Week 2

***Log: Write down the steps you take during the week that are a part of your action plan.***

Sunday

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Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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*Weekly Observation and Progress*

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**Week 3**

***Log: Write down the steps you take during the week that are a part of your action plan.***

Sunday

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Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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*Weekly Observation and Progress*

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## Week 4

**Log: Write down the steps you take during the week that are a part of your action plan.**

Sunday

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Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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*Weekly Observation and Progress*

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