



Assembling Your Success Team

1. Do you want to change your health? Yes or No
 - a. What do you want to change? (Be specific. Ex: I want to lose 30 pounds in 90 days.)

 - b. Why do you want to do it? (Put this answer on a 3x 5 card that you will see daily)
(Ex: I want to lose weight so I can get off medications)

 2. How will you gain new skills and abilities?
 - a. Read the book, attend class, fill out notes, do homework
 - b. Other _____

 3. Who will cheer you on?
 - a. List 2 or 3 people you are going to ask to encourage and support you. _____

 - b. Who might make it difficult to succeed? _____

 - c. What will you do to prevent problems? _____

 4. Who will be your coach?
 - a. List everyone who will be coaching you: _____

 - b. Will you come weekly and have testing monthly? Yes or No
(Not applicable to online class)

 5. List your rewards and incentives. What will you do as a reward when you hit a goal?
 - a. Short term rewards and incentives: _____

 - b. Long term rewards and incentives: _____

 6. Your health friendly environment. Remove things that will hinder you.
What do you need to get out of your house, workspace and other places? _____

- Done? Yes or No