

Action Plan (with self-monitoring)

Example:

My action plan this week is to: replace my child's chocolate with fruit at lunch time

Day	Action (What?, Where?, When?)	Completed	Comments (e.g. How did you feel?, What did you do?)
Monday	Have fruit and plain yogurt with lunch	✓	We all had fruit and yogurt with lunch, Joe really enjoyed it
Tuesday			
Wednesday	Chop strawberries and apple to have after lunch	✓	I chopped up the fruit to go with lunch Joe liked the strawberries but wouldn't eat the apple. I will try another fruit next time
Thursday	Take a fruit smoothie in lunch box to nursery		I was in a rush this morning before nursery, so went for the easy option and gave him chocolate – feel a bit bad ☹
Friday			
Saturday			
Sunday	Make a fruit salad for Sunday lunch pudding	✓	The whole family had fruit salad after our Sunday roast. Grandad encouraged Joe to try apple again and he ate a bit