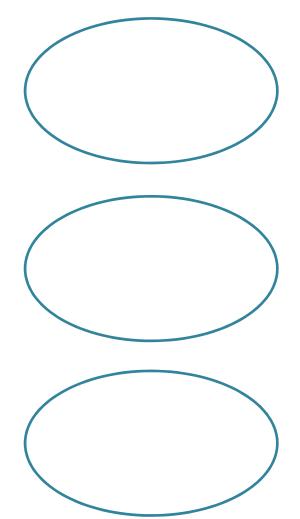




Bubble Task

What would you like to focus on this week?



Action Plan

How are you going to do it?

Action 1

What? By Who? By When?

Action 2

What? By Who? By When?

Action 3

What? By Who? By When?

Barriers

What might stop you?

Barriers

Solutions

Date Achieved









Action plan –

Name	Date of Birth	NHS number
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My action plan this wook is to:

My action plan this week Day	Action (What?, Where?, When?)	Completed
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		