

MY ACTION PLAN

Please fill out your action plan and take it with you to your next appointment, so you and your healthcare provider can determine the best exercise plan to help you beat depression.

1. MY CURRENT EXERCISE ROUTINE:

2. THREE REASONS WHY EXERCISE IS IMPORTANT TO MY PHYSICAL AND MENTAL HEALTH:

3. ROADBLOCKS THAT KEEP ME FROM EXERCISING:

4. TO BE FIT, I MUST FID. WHAT ARE THE THREE ELEMENTS OF FID:

5. MY ACTION PLAN TO DEVELOP MY OWN EXERCISE ROUTINE: