

MAP planner

Click into the answer fields below to type in your plan

1. What would you like to achieve?

What do you need to do to achieve this?

2. Action plan (develop a specific plan below)

When

Where

How often

How long

Who with

3. If-then plans (identify and plan how to overcome barriers below)

If (barrier)

Then (solution)

4. Self-monitoring (keep a record of your progress)

Review goals (review if the plan is effective or needs monitoring)

