

Action Commitment Worksheet

NAME

DATE

Goal

Chosen skill

Chosen practice

Chosen small daily action(s)

How confident are you in your ability to do the chosen daily action(s)?

CAN'T DO IT
AT ALL

1

2

3

4

5

6

7

8

9

10

100%
CONFIDENT I
CAN DO IT

What might make you more confident in your ability to do the chosen daily action(s)?

Revise small daily action(s)

If confidence scores less than 9/10, discuss smaller, simpler or easier small daily action(s)

Revised small daily action(s)

How confident are you in your ability to do the chosen daily action(s)?

CAN'T DO IT
AT ALL

1

2

3

4

5

6

7

8

9

10

100%
CONFIDENT I
CAN DO IT

Clarify, confirm, and prepare

How will we measure success?

What will help you do the action(s)? (E.g., skills, resources, supports, etc.)

Looking forward to the next few weeks, what challenges are likely to come up?

What planning, preparation and/or adjustments, if any, will you need to make to work through those challenges?

Who else needs to know about the action(s)?

Action Commitment Worksheet

John Doe

June 14, 2020

NAME

DATE

Goal

Build muscle

Chosen skill

Eat appropriate nutrients

Chosen practice

Eat enough protein

Chosen small daily action(s)

Make and drink a Super Shake every day
Have Greek yogurt at my work lunch with my sandwich, every day

How confident are you in your ability to do the chosen daily action(s)?

CAN'T DO IT AT ALL

1

2

3

4

5

6

7

X

9

10

100% CONFIDENT I CAN DO IT

What might make you more confident in your ability to do the chosen daily action(s)?

Only doing these actions 5 days per week, and having a clearer portion size for Greek yogurt

Revise small daily action(s)

If confidence scores less than 9/10, discuss smaller, simpler or easier small daily action(s)

Revised small daily action(s)

Drinking the Super Shake 5 out of 7 days per week

Having ~1 cup (225 g) of plain Greek yogurt at 4 of my 5 work lunches

How confident are you in your ability to do the chosen daily action(s)?

CAN'T DO IT AT ALL

1

2

3

4

5

6

7

8

9

X

100% CONFIDENT I CAN DO IT

Clarify, confirm, and prepare

How will we measure success?

I will text you a picture of my Super Shake each day I drink one

I will mark down in the Notes feature of my phone each day I eat the Greek yogurt at lunch

What will help you do the action(s)? (E.g., skills, resources, supports, etc.)

I already loosely plan many of my weekly meals, I like many different protein sources, and I know how to cook many of them too

Looking forward to the next few weeks, what challenges are likely to come up?

I have a bachelor party weekend in a few days where getting in protein regularly will not be as easy

What planning, preparation and/or adjustments, if any, will you need to make to work through those challenges?

I will bring protein powder to make a daily protein shake even if I can't make a true Super Shake. I will also bring some tofu to grill along with some eggs and Greek yogurt for breakfast and snacks. And I will aim for progress, not perfection!

Who else needs to know about the action(s)?

I'm going to let my partner know what the plan is, so she can be aware of my goals and intended actions
