

My Support Plan

My behavior goal is: _____

On the left side of the chart, list the people/tools you will use as support to help you reach your goal.
 On the right side of the chart, list how your support partner or tool will support you.

Who/What Will Support Me	How I Will Be Supported
Example: <i>My spouse</i>	Example: <i>My spouse will watch our children so I can exercise.</i>
Example: <i>Using a quitline</i>	Example: <i>I will call a quitline when I feel the urge to smoke.</i>
Example: <i>Using my phone</i>	Example: <i>I will set an alarm on my phone to remind me to get up from my desk and take a break to relieve stress.</i>