**Title**

Action Plan Development

**Time**

Pre-session preparation for learners:  10 minutes

Session:  50 minutes

**Materials Checklist**

Blank Action Plan (Family Plan and/or Kids Action Plan

Pen/Pencil

The following lessons are helpful to incorporate if completed prior:

\*Physical Equipment Inventory

\*Move Those Muscles

\*List of Game Ideas

**Objectives**

Develop a Physical Activity Action Plan

**Learners will be able to:**

Develop a Physical Activity Action Plan to map physical activity over several weeks

**Exercises and Activities to Complete Before and During the Session**

\*Physical Equipment Inventory

\*Move Those Muscles

\*List of Game Ideas

Develop the Physical Activity Action Plan

**Pre-session Preparation**

**Read (10 minutes)**

Review the\* Physical Equipment Inventory, \*Move Those Muscles, and \*List of Game Ideas if completed prior.

Review the Action Plan.

**During the session**

**Present/Review (25 minutes)**

Review the Action Plan document and describe the purpose of the action plan:

The purpose of the Action Plan is to provide a starting point for setting up a map to increase physical activity over the next several weeks for the enrolled participant.

Explain that an Action Plan is 1) Something *they* want, 2) it is achievable, and 3) it is action specific.

Review the Action Plan modified as needed to best suit their needs.

The information from the \*Physical Equipment Inventory will identify available equipment for incorporation into the plan. \*Move Those Muscles lesson lets Participants know what to expect of the activity program including the difference between spontaneous and planned activity, when to stop exercising, and the benefits of an active lifestyle. \*The List of Game Ideas will provide Participants with active games by number of players, equipment needed, and categories of games.

Review three parts of the ‘Creating an Action Plan’ section: 1) What: specific action, 2) How much: time, distance, or amount, and 3) When: time of day or which days of the week.

Provide participants with examples of each part: 1) What – walking or raking leaves with the family, 2) How much: 30 minutes, 2 miles, or 1 acre, 3) When – after dinner or every Monday.

**Discuss (25 minutes)**

Discuss the additional examples on the Action Plan.

Encourage/Guide Participants in writing their own Action Plan.

Ask Participants:

Does the plan incorporate goals for both the parent and child if they are family participants?

Are the activities something they want to do?

Are the goals realistic and achievable?

If not, help modify by offering options.

Is it Action Specific?

**Action Plan Progress**

Confirm whether the participant has finalized their action plan.

If they have not, identify what information is needed and help guide them to finish the plan.

If they have completed the Action Plan, ask if they have been using it and what progress they have made.

**Facebook post**

Picture of a string around it – remember your action plan?

Hit like if you have started your action plan (Hope to have many likes!)

How is you action plan coming? (Share your successes – pictures welcomed!)