



# The Being Well Lifestyles ACTION PLANNER

Name: \_\_\_\_\_ Date: \_\_\_\_\_

For tips on how to use this Action Planner along with your The Lifestyle Stress Assessment to improve your health,  
[Read this guide.](#)

🕒 THINK Well intention: \_\_\_\_\_

Actions to be taken this week: \_\_\_\_\_

Days performed: Mon Tues Wed Thurs Fri Sat Sun Completed: \_\_\_ out of \_\_\_

🕒 MOVE Well intention: \_\_\_\_\_

Actions to be taken this week: \_\_\_\_\_

Days performed: Mon Tues Wed Thurs Fri Sat Sun Completed: \_\_\_ out of \_\_\_

🕒 EAT Well intention: \_\_\_\_\_

Actions to be taken this week: \_\_\_\_\_

Days performed: Mon Tues Wed Thurs Fri Sat Sun Completed: \_\_\_ out of \_\_\_

🕒 REST Well intention: \_\_\_\_\_

Actions to be taken this week: \_\_\_\_\_

Days performed: Mon Tues Wed Thurs Fri Sat Sun Completed: \_\_\_ out of \_\_\_

🕒 BE Well intention: \_\_\_\_\_

Actions to be taken this week: \_\_\_\_\_

Days performed: Mon Tues Wed Thurs Fri Sat Sun Completed: \_\_\_ out of \_\_\_

[www.DrJayWarren.com](http://www.DrJayWarren.com)

[www.BeingWellLifestyles.com](http://www.BeingWellLifestyles.com)