



**SecondsCount Take Control Planner**

Use this planner to set manageable goals in one or two areas of your life. Remember, a goal should be specific and realistic. If you don't achieve one of your goals, break it into smaller steps and try again.

<b>SecondsCount Take Control Planner</b>				
<b>Pick Two Areas in Your Life to Take Control</b>	<b>Sample Goals</b>	<b>Your Goals For Week 1</b>	<b>Your Goals For Week 2</b>	<b>Your Goals For Week 3</b>
Walk	Read the SecondsCount Walking Guidelines.			
Take care of your feet	Buy comfortable shoes to wear around the house.			
Eat heart-healthy	Try a new heart-healthy recipe before the end of the week.			
Stop smoking	Find a smoking cessation support group in my community.			
Participate in Rehab	Ask my doctor if I am eligible for rehab.			
Seek Support	Tell my children I want their help to stop smoking.			
Manage my diabetes	Make it through the week without a glass of wine with dinner.			