

## Appendix 28 - Weekly Success Plan

### Exercise

In the table below, document those exercises you plan to perform. Yellow is for stretching, blue is for strength training exercising and green is for those endurance exercises. Next to the type of exercise, write the specific exercise you are doing. For stretches, enter the time spent in each stretch. Document the number of sets of reps (e.g. 3/10 for 3 sets of 10 reps). Remember, be kind to yourself and don't put yourself in a flare.

Exercise	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Flexibility	/	/	/	/	/	/	/
Flexibility	/	/	/	/	/	/	/
Flexibility	/	/	/	/	/	/	/
Flexibility	/	/	/	/	/	/	/
Flexibility	/	/	/	/	/	/	/
Strength	/	/	/	/	/	/	/
Strength	/	/	/	/	/	/	/
Strength	/	/	/	/	/	/	/
Strength	/	/	/	/	/	/	/
Endurance	/	/	/	/	/	/	/
Balance	/	/	/	/	/	/	/
Balance	/	/	/	/	/	/	/

### SMART Integration

In the table below list the specific SMART goals you focus on this week. Under day columns write in the plan/actual hours invested. At the end of the week review the time invested, and more importantly, what was accomplished. Document this information in the applicable SMART Goal worksheet. We recommend scheduling time on your calendar. You don't have to work on every goal every day, but should make a "significant" of time, thought and action to your goals.

Goal	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	/	/	/	/	/	/	/
	/	/	/	/	/	/	/
	/	/	/	/	/	/	/
	/	/	/	/	/	/	/

### Expressive Writing or Journaling for Health

Remember, journaling should be enjoyable or at least helpful. It should not be more work or just another thing to check off. As such, journaling every day is not a requirement. Journaling with some level of consistency is highly encouraged. Make it a form of meditation or one of your enjoyment activities. Note the page numbers under the day headings.

Subject(s)	Sun	Mon	Tues	Wed	Thurs	Fri	Sat

### Getting Out/Fun Stuff

Plan something enjoyable that brings a smile to your face. This can be alone or with someone. Consider doing something with a person in your support systems/network. This could also include a healthy brain activity like learning something new. It could also be some enjoyable aspect of one of your SMART goals. Get in on the calendar and schedule other activities further out to give you something to look forward to doing.

## Appendix 28 - Weekly Success Plan, Cont.

### Observations

Comment on your week and what did and what didn't work for you and why. Analyze the actions you've taken. Write about how they did or didn't help you and why.

### Weekly Sleep Summary

Under each date enter the number of hours slept and the number of times you got out of bed

Sun	Mon	Tues	Wed	Thur	Fri	Sat	Comments
/	/	/	/	/	/	/	