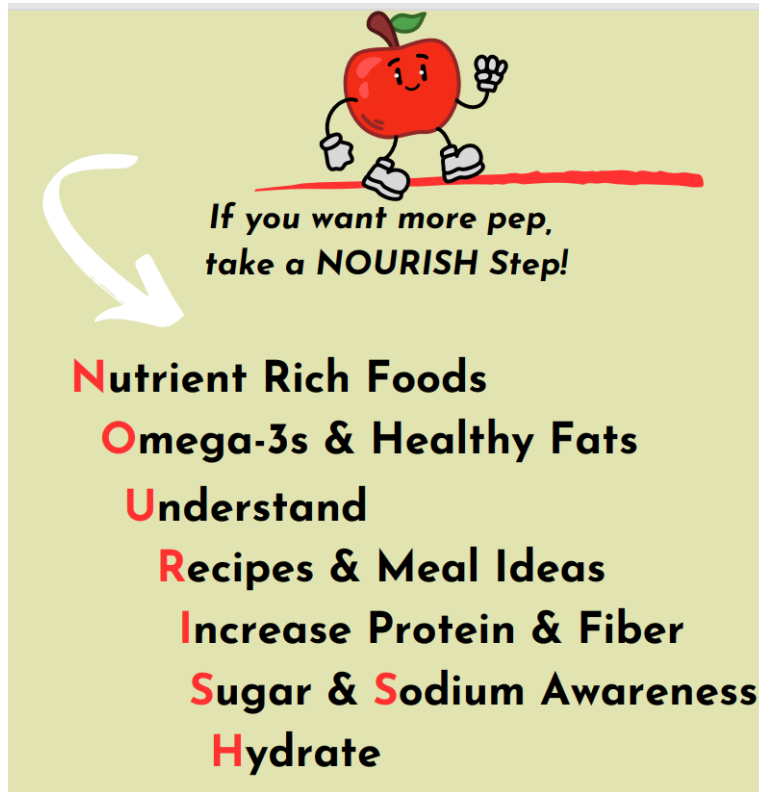


Take a NOURISH Step at [gwaar.org/nourishstep](http://gwaar.org/nourishstep)

Use this simple tool to help you develop an Action Plan to take the NOURISH Step of your choice.

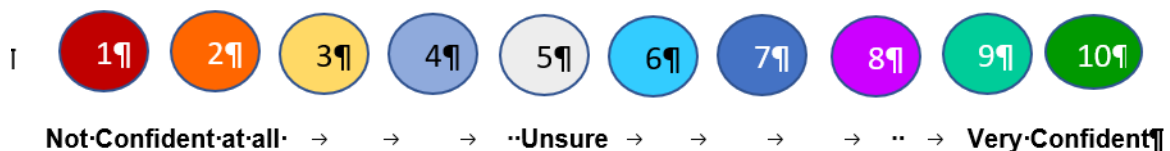


The NOURISH Step I want to Take is...

This week I will:

- What you are going to do: \_\_\_\_\_
- How much are you going to do: \_\_\_\_\_
- When are you going to do it? \_\_\_\_\_
- How many days a week?: \_\_\_\_\_
- What is your confidence level? (1 to 10) \_\_\_\_\_

If your confidence level is less than 7, what can you modify to make it more achievable?



**Your Action Plan should answer these questions:**

1. What are you going to do?
2. How much are you going to do?
3. When are you going to do it?
4. How many days a week you are going to do it?
5. What is your confidence level on a scale of 1 to 10 how likely are you to complete this plan?

Note: If your score is less than 7, what adjustment(s) can you make that would increase your confidence level to a 7 or higher?

**Example 1:**

1. This week I will drink water (what)
2. An X-ounce container (how much)
3. Before lunch (when)
4. 3 days a week (M, W, F) (how many)
5. Confidence level of 8

**Example 2:**

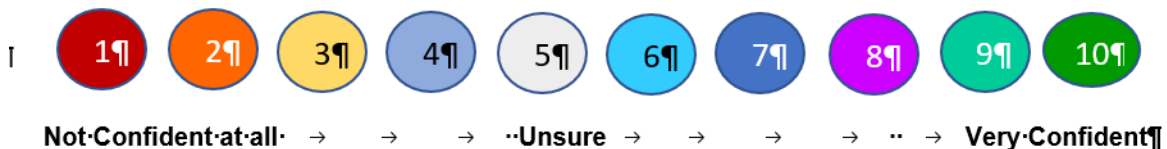
1. This week I will go to the senior dining site (what)
2. For 1 meal a day (how much)
3. for lunch (when)
4. 2 days a week (T, TH) (how many)
5. Confidence level of 9

**The NOURISH Step I want to Take is... (Example)**

This week I will:

- What you are going to do? Switch to using olive oil when cooking instead of butter.
- How much are you going to do? For 4 meals this week.
- When are you going to do it? In the evening.
- How many days a week? Monday, Wednesday, Saturday, and Sunday.
- What is your confidence level? (1 to 10) 8

If your confidence level is less than 7, what can you modify to make it more achievable?



**Notes/thoughts during the week. (Successes and Barriers).** Noting these can help you identify and work through barriers and celebrate successes. I struggled with preparing 4 evening meals from scratch this week which was stressful. Will decrease to 3 days a week to be more realistic.