

## MY ACTION PLAN



**1. What actions do you need to take to eat healthier?**

- a.
- b.
- c.

**2. How will you bring more activity into your life?**

- a.
- b.
- c.

**3. What actions do you need to take to get more sleep?**

- a.
- b.
- c.

**4. What can you do to cope with stress better?**

- a.
- b.
- c.

**What are the 3 most important actions you are ready to focus on for the next 21 days?**

- 1.
- 2.
- 3.

***Don't forget to schedule them in your calendar!***

Good Luck!

Ava Kyte  
info@avakyte.com