

### My detailed action plan- Topics I am interested in

TOPICS	CAN THEY BE HELPFUL FOR ME? ✓			My top 5 picks to help me reach my goals ✓
	A LOT	A LITTLE BIT	NOT AT ALL	
Eating a health diet	●	●	●	○
Getting my vaccines	●	●	●	○
Limiting my alcohol consumption	●	●	●	○
Managing stress and negative mood	●	●	●	○
Moving my body	●	●	●	○
Stopping smoking	●	●	●	○
Travelling abroad	●	●	●	○
Getting a good night's sleep	●	●	●	○
Fatigue	●	●	●	○
Pain	●	●	●	○
Sleep	●	●	●	○
Heart and Kidney health	●	●	●	○
Sexual function	●	●	●	○
Nutrition	●	●	●	○
Physical activity and exercise	●	●	●	○
Walking program	●	●	●	○
Mental health	●	●	●	○
Side effects of medication	●	●	●	○
Religion and spirituality	●	●	●	○
Personal relationship and social life	●	●	●	○