

Primrose 

MY HEALTH PLAN



How to use the Primrose “MY HEALTH PLAN”

Primrose is about helping you to set achievable goals to manage important aspects of your physical health. This might include taking medication to improve your physical health, stopping smoking, eating healthily, doing physical activity or reducing how much alcohol you drink.

The health plan is for you to take home and use. It contains a record of the goal you have set and your action plan as well as space for you to monitor on a daily basis how you are getting on.

Bring the health plan to each appointment to help you decide how you want to manage your health.

There are two sections for you to record your activity:

Option 1 Once a day

You can record activity once a day in the **How I am getting on: Once a day** section such as whether or not you took your statin that day. It might be helpful to write each day rather than trying to remember at the end of the week.

WEEK NO	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	took statin						

Option 2 Three times a day

If you would prefer, you can use the **How I am getting on: Three times a day** section to take a record of your activity three times a day. For example you may want to record what you eat and drink every day and how much e.g. two bags of crisps, one chicken sandwich. Or you may want to record how many cigarettes you smoke. It might be helpful to write each day rather than trying to remember at the end of the week.

WEEK NO	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	AM 2 cigarettes	AM	AM	AM	AM	AM	AM
	PM 1 cigarette 2 bags of crisps	PM	PM	PM	PM	PM	PM
	EVE 1 cigarette 1 chicken sandwich	EVE	EVE	EVE	EVE	EVE	EVE

WEEKS 1-4: MY HEALTH PLAN

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My behavioural goal

My goal is to:

My action plan

Where

I am going to do it:

When

I am going to do it:

How long

I am going to do it for (if relevant):

With whom

I am going to do it:

How

I will be supported by the people listed above:

My progress

How

I will check how I'm doing (e.g. number of minutes spent doing physical activity):

My next appointment

Date

WEEKS 1-4: HOW I AM GETTING ON – ONCE A DAY

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You can record activity once a day such as whether or not you took your statin that day. It might be helpful to write each day rather than trying to remember at the end of the week.

WEEK NO	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1							
2							
3							
4							

WEEKS 5-8: MY HEALTH PLAN



My behavioural goal

My goal is to:

My action plan

Where
I am going to do it:

When
I am going to do it:

How long
I am going to do it for (if relevant):

With whom
I am going to do it:

How
I will be supported by the people listed above:

My progress

How
I will check how I'm doing (e.g. number of minutes spent doing physical activity):

My next appointment

Date:

WEEKS 5-8: HOW I AM GETTING ON – ONCE A DAY



You can record activity once a day such as whether or not you took your statin that day. It might be helpful to write each day rather than trying to remember at the end of the week.

WEEK NO	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1							
2							
3							
4							

WEEKS 9-12: MY HEALTH PLAN



My behavioural goal

My goal is to:

My action plan

Where
I am going to do it:

When
I am going to do it:

How long
I am going to do it for (if relevant):

With whom
I am going to do it:

How
I will be supported by the people listed above:

My progress

How
I will check how I'm doing (e.g. number of minutes spent doing physical activity):

My next appointment

Date:

WEEKS 9-12: HOW I AM GETTING ON – ONCE A DAY



You can record activity once a day such as whether or not you took your statin that day. It might be helpful to write each day rather than trying to remember at the end of the week.

WEEK NO	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1							
2							
3							
4							

WEEKS 13-16: MY HEALTH PLAN

My behavioural goal

My goal is to:

My action plan

Where
I am going to do it:

When
I am going to do it:

How long
I am going to do it for (if relevant):

With whom
I am going to do it:

How
I will be supported by the people listed above:

My progress

How
I will check how I'm doing (e.g. number of minutes spent doing physical activity):

My next appointment

Date:

WEEKS 13-16: HOW I AM GETTING ON – ONCE A DAY

You can record activity once a day such as whether or not you took your statin that day. It might be helpful to write each day rather than trying to remember at the end of the week.

WEEK NO	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1							
2							
3							
4							

WEEKS 17-20: MY HEALTH PLAN

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My behavioural goal

My goal is to:

My action plan

Where

I am going to do it:

When

I am going to do it:

How long

I am going to do it for (if relevant):

With whom

I am going to do it:

How

I will be supported by the people listed above:

My progress

How

I will check how I'm doing (e.g. number of minutes spent doing physical activity):

My next appointment

Date

WEEKS 17-20: HOW I AM GETTING ON – ONCE A DAY

Primrose



You can record activity once a day such as whether or not you took your statin that day. It might be helpful to write each day rather than trying to remember at the end of the week.

WEEK NO	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1							
2							
3							
4							

WEEKS 21-24: MY HEALTH PLAN

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My behavioural goal

My goal is to:

My action plan

Where
I am going to do it:

When
I am going to do it:

How long
I am going to do it for (if relevant):

With whom
I am going to do it:

How
I will be supported by the people listed above:

My progress

How
I will check how I'm doing (e.g. number of minutes spent doing physical activity):

My next appointment

Date:

WEEKS 21-24: HOW I AM GETTING ON – ONCE A DAY

Primrose



You can record activity once a day such as whether or not you took your statin that day. It might be helpful to write each day rather than trying to remember at the end of the week.

WEEK NO	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1							
2							
3							
4							



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