THE FAB FOUR ACTION PLAN

AREA OF CHANGE: FORTY WINKS (SLEEP)				
What area of my sleep behaviour do I want to change?	Why do I want to change this area?	What specific action am I going to implement to effect change in this area?	What might stop me from making this change and how can I prepare for this?	How will I know when I've been successful?

AREA OF CHANGE: FITNESS				
What area of my fitness behaviour do I want to change?	Why do I want to change this area?	What specific action am I going to implement to effect change in this area?	What might stop me from making this change and how can I prepare for this?	How will I know when I've been successful?

AREA OF CHANGE: FOOD				
What area of my food behaviour do I want to change?	Why do I want to change this area?	What specific action am I going to implement to effect change in this area?	What might stop me from making this change and how can I prepare for this?	How will I know when I've been successful?

AREA OF CHANGE: FUN (LAUGHTER, RELAXATION, EXHILARATION, GROWTH, CONNECTION)				
What area of my fun behaviour do I want to change?	Why do I want to change this area?	What specific action am I going to implement to effect change in this area?	What might stop me from making this change and how can I prepare for this?	How will I know when I've been successful?