



# My Problem Solver action plan



## Problem and possible solutions

1. State the problem in your own words. Explain why you want to solve the problem.

**Getting good grades is important to me so I spend a lot of time studying after school, with little time to exercise.**

**I really want to solve this problem because I know exercise will make me feel good. Mom has diabetes and wants to start exercising too.**

2. List some ideas for solving the problem. Check the ideas you think are best for you.

**Exercise throughout the day (15 minutes in the morning, 5 minutes during my lunch break, 40 minutes right after school).**

**Exercise with Mom at home at scheduled times.**

**Exercise with friends at the park after school.**

**Exercise during planned study breaks using the Boston Children's fit kit Circuit.**

## Step-by-step action plan

Step	What will you do?	When will you do it?
1	Schedule times to exercise with Mom, three days for one week, 30 minutes per day. Enter scheduled times in my calendar.	Friday, 5/6/22
2	Select exercises from the Boston Children's fit kit Circuit.	Saturday, 5/7/22
3	Find My fitness tracker in the Boston Children's fit kit.	Saturday, 5/7/22
4	Do the selected exercises with Mom according to the schedule. Complete My fitness tracker for each day when I exercise.	Sunday, 5/8/22 - Saturday, 5/14/22
5	Review My fitness tracker to see how I did for the week. Make plans for next week.	Saturday, 5/14/22

### Look back – look ahead

After giving your best effort to follow the plan, ask yourself, "Did I solve the problem?"

- If yes, celebrate your success and thank those who helped you. Be ready to solve another problem, when necessary.
- If no, ask yourself, "What can I do differently to make this plan work for me?" Or select a different idea for solving the problem and make a new step-by-step action plan.