

# Health Action Plan

Developed and designed by people with learning disabilities



My name is

Date

D.O.B

In case of emergency

Name

Phone no:

## Key information about me

Actual

Goal/Target



Weight / BMI



Blood pressure



Dental check



Eye test



For the GP to complete: existing health conditions being monitored.

## My 3 Big Goals for the next year are

Goal 1

Goal 2

Goal 3



For GP to complete in discussion with patient. Additional comments / health checks e.g. hearing test, flu jab / covid vaccination

Who is responsible?

Target Date

**NHS**

Bristol, North Somerset  
and South Gloucestershire  
Integrated Care Board

# My 3 big goals for the next 12 months



[Yellow brushstroke area for goal 1]

To improve my health  
I want to achieve the following outcome/goal



Drinking water is so important for your health

[Cyan brushstroke area for goal 2]

To achieve this goal, I will take the following action

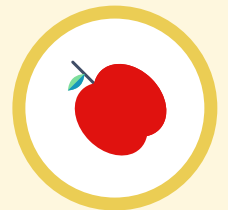


Remember to brush your teeth twice daily

[Cyan brushstroke area for goal 2 action]

What, when, how, who?

To achieve this goal I will need the following support



Have a fresh veggies day

[Cyan brushstroke area for goal 2 support]

What, when, how, who?

To check my progress we will review in

2 weeks

4 weeks

3 months

What, when, how, who?

When I achieve this goal, this is how I will celebrate...

[Cyan brushstroke area for goal 2 celebration]



Goal 1

# My 3 big goals for the next 12 months



[Yellow brushstroke area for goal 1]

To improve my health

I want to achieve the following outcome/goal



Be smart with snacks

[Cyan brushstroke area for goal 2]

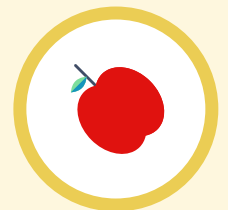
To achieve this goal, I will take the following action



Cut down on added sugar

[Cyan brushstroke area for action]

What, when, how, who?



Eat 5 pieces of fruit every day

To achieve this goal I will need the following support

[Cyan brushstroke area for support]

What, when, how, who?

To check my progress we will review in

- 2 weeks
- 4 weeks
- 3 months

What, when, how, who?

When I achieve this goal, this is how I will celebrate...

[Cyan brushstroke area for celebration]



# Goal 2

# My 3 big goals for the next 12 months



[Yellow brushstroke area for goal 1]



A little exercise every day

To improve my health

I want to achieve the following outcome/goal

[Cyan brushstroke area for goal 2]



Keep them clean and dry

To achieve this goal, I will take the following action

[Cyan brushstroke area for action]

What, when, how, who?



Talking is good

To achieve this goal I will need the following support

[Cyan brushstroke area for support]

What, when, how, who?

To check my progress we will review in

2 weeks

4 weeks

3 months

What, when, how, who?

When I achieve this goal, this is how I will celebrate...

[Cyan brushstroke area for celebration]



3  
Goals

# For comments, notes and ideas



Out and about



Feeling well



Eating well



Drink Water



Eyesight



Epilepsy



Hearing



Healthy Mouth



Healthy Feet



Female health



Male Health



Diabetes

A large, light green, torn-edge paper graphic with horizontal blue lines, intended for writing comments, notes, and ideas.