

My FINGER plan

Make your own FINGER plan! Think of it as a “deal” that you make with yourself, where you decide what to do, how often and for how long.

After a while, you may want to add something new or increase the level of difficulty to challenge yourself further. And remember, start small! Better to take one small step that comes to fruition than to take no steps at all.



Healthy food

To do: _____

How often: _____

Start date: ____ / ____ / ____ Finish date: ____ / ____ / ____



Physical activity

To do: _____

How often: _____

Start date: ____ / ____ / ____ Finish date: ____ / ____ / ____



Mental stimulation

To do: _____

How often: _____

Start date: ____ / ____ / ____ Finish date: ____ / ____ / ____



Social activities

To do: _____

How often: _____

Start date: ____ / ____ / ____ Finish date: ____ / ____ / ____



Control of cardiovascular values

Check blood pressure: Date: ____ / ____ / ____

Check cholesterol: Date: ____ / ____ / ____

Check blood sugar: Date: ____ / ____ / ____

