



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.