

Version: 1



My Health Action Plan

My Health Needs and what can go wrong



- I have diabetes

To stay healthy I need ...



- I need to take my insulin everyday



- I need to visit the doctor

- **To make my health better I need ...**



- I need to go for a walk everyday



- I need to eat healthy food

To do all this I need ...



- I need my key worker to help me write



An eating plan
An exercise plan

Go Ahead



1. The following people can look at my Health Action Plan and talk about it with me:

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2. My Health Action Plan should be kept in a safe place/ locked cupboard & a copy should be kept by my GP.

Go Ahead



3. Please update my Health Action Plan with me on a regular basis.

4. The things I want have been put in my Health Action Plan.

Sign:

Name:

Date: