







# Health Action Plan

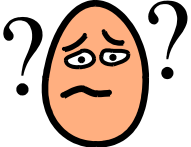
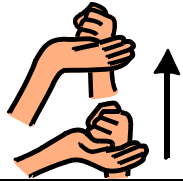


	
	
	

 My Health Facilitator is	
 My GP is	
 Other people who help me with my health plan	

This plan was made on

This plan will be reviewed on

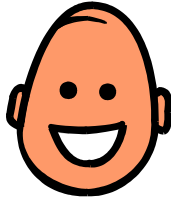
# Health Action Plan

<p>Health problems I have</p> 	<p>Action Plan (things to do to help with my health problems)</p> 	<p>Who will help me?</p> 	<p>When will they help me by?</p> 

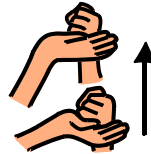
# Health Action Plan

## Maintaining My Health

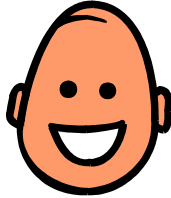
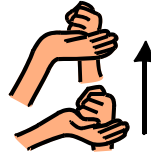
What do I need to do to keep fit, healthy and well?



Who is going to help me keep fit, healthy and well?



Review date

What do I need to do to keep fit, healthy and well? 	Who is going to help me keep fit, healthy and well? 	Review date