

STEP 3: Take Your Actions -- FALLS**Put Your Plan Into Action**

Now that you have a plan, decide what specific tasks you will do to get results. For example, do you need to pull up all of your throw rugs? Do you need to talk with your physician about your dizziness? What time each day will you exercise or walk? If you needed, who can help? When will you do these things?

My Goals:

1. _____
2. _____
3. _____

Steps I Will Take:**Due Date:**

- | | | |
|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |
| 6. | _____ | _____ |

People I Can Ask to Help Me:**Contact Information:**

- | | | |
|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |