

SAMPLE PERSONAL-DEVELOPMENT PLAN

“Personal Kaizen” in Action

GOAL: TO INCREASE PHYSICAL FITNESS

Desired Results

- Within six months, be exercising in reasonable comfort for forty minutes five to six days a week.
- Within twelve to fourteen months, achieve target weight of _____ (forty to fifty pounds less than subject’s current weight).

Principal Plan Components

Diet and Exercise

Exercise Constraints

- **Limited time:** Works eight-hour day, plus one-hour commute both ways.
- **Uncooperative biorhythm:** Not an early-riser by inclination.
- **Financially challenged:** Not much disposable income (i.e., gym fees would be difficult).
- **Lukewarm motivation:** Doesn’t really enjoy exercise.

Diet Constraints

- **Junk-foot addiction:** Inhales the stuff (often).
- **Frequently overeats.** Tends to eat when upset/anxious. Also eats larger portions than appropriate for her size and activity level.

Possible First Steps for Exercise Component

- **Move much closer to work.**
 - Pro:* Could walk to and from work at certain times of year.
 - Con:* Expensive and inconvenient at present time.

- **Get up earlier.**
 - Pro:* Could exercise a few minutes before leaving for work.
 - Con:* Not an early riser by choice.
- **Join a gym.**
 - Pro:* Could work out during evenings and on weekends.
 - Cons:* Would severely stress the budget.
Might not actually take advantage of the facilities (likes to "cocoon" at night).
- **Exercise at home after work or in the evening.**
 - Pro:* Convenient.
 - Con:* Has tried this before; didn't work because of low motivation.

First Steps Actually Taken

- Locate and buy (or borrow) a chiming digital alarm clock.
- Every other day, set alarm one minute earlier. Do this for sixty days, thus gaining an extra half-hour in the morning.
- Buy exercise clothes.
- Research and purchase an exercise video for beginners.
- Exercise with video for 10-15 minutes in the morning (to start with).
- March in place for 10 minutes when watching television at night and on weekends; start working up to 15 or 20 minutes.

Next Steps

- Continue taking small steps to strengthen body and increase lung capacity.
- Begin diet leg of the plan...