



**St. Clair County
Community Mental Health**
*Promoting Discovery & Recovery Opportunities
for Healthy Minds & Bodies*

3111 Electric Avenue, Port Huron, MI. 48060
(810) 985 8900



Self-Health Action Plan for Empowerment

Individual: _____ Case #: _____ Date: _____

Health Target:

☐ Diet & Nutrition

☐ Exercise

☐ Weight Management

☐ Alcohol Use

☐ Tobacco Use

☐ Other

Long-Term Goals

Nutrition Goals:

Exercise Goals:

How will my life change?

How will things get better?

What will I earn/gain after my hard work?

Initial Physical Assessments

Date: _____

Weight: _____

BP: _____

HR: _____

Waist/Hips: _____

Flexibility: _____

6 Min Walk (laps): _____