

One small change. Two weeks.

A practical plan for something that matters to you, with room to adapt.

You will finish with

One realistic action and backup, a short record of what happened, and a decision about what to keep, change or pause.

1. Plan (page 2) / 2. Notice (page 3) / 3. Decide your next step

A completed example: making time for a friend

What matters: I miss catching up with my friend.

My action: Call Pat for ten minutes on Tuesday and Saturday.

When and where: After lunch, from my living room.

Easier backup: Send Pat a short voice message.

Obstacle and adjustment: We may be busy. Agree a time first.

Start / review: 5 October / 18 October 2026.

What helped or was difficult: Tuesday worked; Saturdays were busy.

Did the backup fit? Yes. A voice message helped us stay in touch.

My decision and next action: Change timing: move Saturday to Sunday.

Record, Mon 5 Oct to Sun 18 Oct: - D - - - B - | - D - - - S -

D did it; B backup; S planned but skipped; - not planned. Fictional example.

Start with ordinary life

Try making room for a hobby, a friendly conversation, a calmer evening or another action that suits you. You do not need health numbers to begin.

Page 4 is optional: use it to prepare for an appointment you already need. Keep completed pages privately. Educational planning, not medical advice.

STEP 1 / MAKE IT PRACTICAL

My two-week plan

Choose one action. A smaller or less frequent version is a valid plan.

Type into the boxes and save a copy, or print and write.

What matters to me?

One small action I will try

Does it fit my time, energy, access and budget? Make it smaller if needed.

When and where I will do it

My easier backup

What might get in the way, and my adjustment

Start date

Review date

An action once a week is a valid plan. Follow existing care advice when choosing health-related actions.

FRUITFUL YEARS

STEP 2 / NOTICE, THEN DECIDE

My two weeks

No score or streak. Use the record to discover what fits your life.

D: did my action | B: used my backup

S: planned but did not do it | Dash (-): not planned

Add a weekday and date above each entry, e.g. Mon 5 Oct. Start on any day.

Day 1 / date	Day 2 / date	Day 3 / date	Day 4 / date	Day 5 / date	Day 6 / date	Day 7 / date
Result	Result	Result	Result	Result	Result	Result
Day 8 / date	Day 9 / date	Day 10 / date	Day 11 / date	Day 12 / date	Day 13 / date	Day 14 / date
Result	Result	Result	Result	Result	Result	Result

What helped, or made this difficult?

Did the backup fit? What would I change?

STEP 3 / MY NEXT DECISION

☐ Keep it ☐ Make it smaller ☐ Change timing ☐ Try something else ☐ Pause

My decision and next action

You can stop here. Reuse pages 2-3 when another trial would help.

One useful conversation

Use this page if you have an upcoming appointment or a question to discuss.

No tests are required to use this sheet. Bring information you already have and an up-to-date medicine/supplement list when relevant.

My main question or concern

What I will bring or mention

Existing notes, results, dates or changes relevant to that question.

Questions you can ask

What does this mean for me? What should I do next? When should I follow up, and whom should I contact?

Agreed next step and timing

Who will contact whom, and how?

Keep this page private. Follow existing care instructions. Do not change medicines or delay urgent care to complete a worksheet.