

# Goal Plan Do Check (GPDC)

*The GPDC is a four-step method used to help you achieve your desired goal, maintain the outcome, and improve on your achievements.*

**Execute The Plan And Pursue The Goal**

*E.g. I am currently going for short walks at a park near my house. There is a beautiful garden and I sometimes I meet new people!*

**How Do I Achieve It?**

*E.g. My wife and I dedicating 10 mins a day for a walk in the neighborhood. In addition, I will take the stairs to our apartment instead of the elevator.*

**P**lan

**D**o

**G**oal

**C**heck

**What Do I Want To Do?**

*E.g. I want to get more exercise after my treatment. I will try to walk three times a week for at least 10 mins.*

**Did Things Happen According To Plan?**

**Is there anything I need to change?**

*E.g. I'm finding it tough to walk on really hot or rainy days. On those days, I will follow a home-exercise plan. I found some great videos online that let me follow along.*