

# Implementation intentions table

Protective health behaviours are the things we do to keep ourselves healthy. We sometimes experience a gap between the health behaviours we intend to do and those we actually complete. To help reduce this intention-behaviour gap we can plan actions into our daily routines - we've developed this implementation intention table to guide you through this.

## What is my goal or commitment?

Example: I will wash my hands after returning from the supermarket

## If this...

Example: I'm going to the shop

## Then...

Example: I will make sure I have enough hand wash at home

## Are there any hurdles? How can I overcome them?

Example: I might get distracted when I arrive home. I will put a post it note on my door to remind me

Take a look at [this page](#) if you want to find out more.