

GOAL SETTING!

Making changes to your lifestyle can be difficult, but having a goal in mind can keep you motivated. Using a goal sheet will keep you accountable. Develop your own goal or select one of the examples below. Make sure to be specific and realistic!

- Run a mile without stopping
- Do 30 pushups without stopping
- Ride a bike for 20 minutes without stopping
- Eat at least one cup of vegetables with dinner everyday
- Eat at least three different colors of vegetables everyday

What is my goal? (examples above)

What steps need to be taken to achieve my goal? Be specific! (i.e. buy a week's worth of groceries when I go shopping, follow workout plan schedule from Print Resources)

1. _____
2. _____
3. _____
4. _____

How will I remind myself of my goal? (i.e. sticky notes on the refrigerator, set reminders on my phone)

Who will help me and what will inspire me?

How will I measure my progress? (i.e. keep a fitness log)

What is my healthy reward for reaching my goal?

ACHIEVE GOAL BY: _____ (DATE)

