

Goal Setting Worksheet

Use this worksheet to help outline your health goals and your plans for achieving them. Once you complete the worksheet below cut it out and post it in a place where you will see it often, such as on your refrigerator or bedroom mirror. Make a regular habit of reviewing your goals and you will be able to achieve them.

GOALS SETTING FOR _____,

(Your name here)

(Today's date)

What goals are most important to you?

List your three most important health goals (don't forget to be specific!):

1. _____
2. _____
3. _____

What obstacles might you face?

List obstacles to achieving your health goals:

1. _____
2. _____
3. _____

Who can help you?

List family members, friends, coworkers, or church and community members who can help you to overcome obstacles to achieving your goals, and also list their phone numbers:

Names	Phone Number
1.	
2.	
3.	

How can you track your progress?

Circle the days of the week that you will track and reflect on your progress:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

List the time of day that you will track and reflect on your progress: _____

List the date that you would like to meet at least one of these goals by:

Congratulations! You are on your way to achieving your goals.