

GOAL OVERVIEW

MY GOAL:

MY GOAL IS IMPORTANT TO ME BECAUSE:

1. _____

2. _____

3. _____

OBSTACLES THAT MAY ARISE ARE:

- a) _____

- b) _____

- c) _____

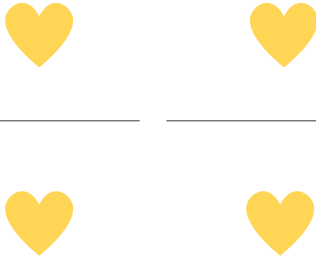
HOW I PLAN TO OVERCOME EACH OBSTACLE:

- a) _____

- b) _____

- c) _____

MY STRENGTHS THAT WILL HELP ME ACHIEVE THIS GOAL:



WHO WILL I CALL TO SUPPORT ME AND KEEP ME ACCOUNTABLE?

NAME: _____

NUMBER: _____

GOAL OVERVIEW

1. EXERCISE TRACKER:

Circle the days that you will exercise this week

M	T	W	T	F	S	S
---	---	---	---	---	---	---

NOTES:

2. VEGETABLE OF THE WEEK:

Choose a vegetable and prepare a healthy meal with it. If you need some guidance, send me an email with your chosen vegetable and I will send you back a recipe to use!

NOTES:

3. EVERY DAY THIS WEEK I WILL FOCUS ON PREPARING A HEALTHY:

Circle the days that you have successfully prepared and enjoyed the chosen meal type. Use the notes section to plan your meals for the week.

<input type="checkbox"/>	BREAKFAST	M	T	W	T	F	S	S
<input type="checkbox"/>	LUNCH	M	T	W	T	F	S	S
<input type="checkbox"/>	DINNER	M	T	W	T	F	S	S
<input type="checkbox"/>	SNACK	M	T	W	T	F	S	S

NOTES:

4. WHAT I DID WELL THIS WEEK:

5. WHAT I NEED TO IMPROVE OR FOCUS ON NEXT WEEK:
