

Name:

Date:

Kick a Bad Habit _____ Catch a Good Habit _____

What is your health/wellness goal?

I will achieve my goal by:

This goal is important to me because:

How ready are you to make this change? (Mark on scale: 10 being "READY")

1 2 3 4 5 6 7 8 9 10

Potential roadblocks to my goal:

Strategies to overcome roadblocks:

What will you need to do to accomplish this goal?

What is a realistic time frame to meet your goal?

Using SMART Goal Guidelines (See Below) – Write Your Goal Statement:

What is a **S-M-A-R-T** Goal?

Specific: Who, What, Where, When, Why

Measurable: How will I measure progress? How many? How much?

Attainable: What knowledge/skills are necessary to reach this goal?

Realistic: Can/how will this happen? What resources will I need?

Time Frame: Put a timeline on your goal and set a few benchmarks.