



# GOAL-SETTING WORKSHEET

## My Goal:

*Ex. I'm going to start exercising more by walking around my block 3 times/week over the next month.*

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<b>S</b> Specific	<b>M</b> Measurable	<b>A</b> Achievable	<b>R</b> Relevant	<b>T</b> Time-oriented
What do I want to do?	How will I measure my progress?	Can I see myself reaching this goal?  What steps will I take? What resources do I need?	How does this fit into my life?	How long will it take to reach my goal?
<i>Ex. I will walk at a fast pace around my block for exercise.</i>	<i>Walk 3 times/week, 30 minutes each time.</i>	<i>I will make time before work. I have walking shoes already.</i>	<i>I'm an early riser and enjoy walking.</i>	<i>I will do this for one month.</i>

WEEK OF: _/_/___	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING MEAL							
SNACK							
MID-DAY MEAL							
SNACK							
EVENING MEAL							
SNACK							
WATER (1 circle = 8 oz.)	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
EXERCISE (Cardio/Aerobic) List amount of time							
EXERCISE (Strength Training) List amount of time							
MEDITATION List amount of time							
SLEEP List amount of time							