

## Goal Worksheet

What do you want to achieve in the next 7 days?

### Healthy Eating:

What do you need to do to achieve it? \_\_\_\_\_

What roadblocks do you need to address?

\_\_\_\_\_

How can you overcome the roadblocks? \_\_\_\_\_

### Physical Activity:

What do you need to do to achieve it? \_\_\_\_\_

What roadblocks do you need to address? \_\_\_\_\_

How can you overcome the roadblocks? \_\_\_\_\_

### Changing Environment:

What do you need to do to achieve it? \_\_\_\_\_

What roadblocks do you need to address? \_\_\_\_\_

Behavior Record for 7 Days – Place a / in the boxes for the days you meet a goal.							
Recording Behavior	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Healthy Eating Goal							
Physical Activity Goal							
Environment Goal							

### How Will You Reward Yourself?

Name 3 things that you value and could use as rewards for meeting your goal at the end of the week:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

