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? ________________________________________________________________
How can you overcome the roadblocks? ________________________________________________________________

Behavior Record for 7 Days – Place a \( \checkmark \) in the boxes for the days you meet a goal.

<table>
<thead>
<tr>
<th>Recording Behavior</th>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
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</thead>
<tbody>
<tr>
<td>Healthy Eating Goal</td>
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<td>Physical Activity Goal</td>
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<td>Environment Goal</td>
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</tbody>
</table>

How Will You Reward Yourself?
Name 3 things that you value and could use and rewards for meeting your goal at the end of the week:
1. ________________________________________________________________
2. ________________________________________________________________
3. ________________________________________________________________

*do it for yourself: . .*