

## Setting Goals Toward a Healthy Lifestyle

This GOAL SHEET is designed as a tool to help you learn: 1) what is keeping you from reaching your goals and 2) what action must be taken to get you where you want to go. A sample goal sheet is given below.

### GOAL SHEET

Goal # 1: *I want to lose 10 pounds*

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Goal # 2: *I want to add more fruits to my diet.*

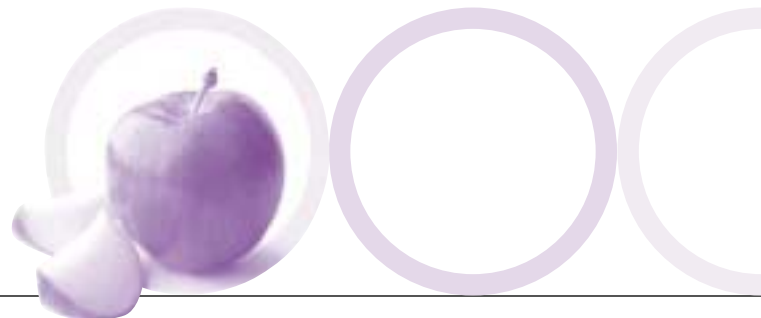
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#### What is keeping me from my goals?

1. I eat sweets or high-fat foods between meals.
2. I eat out at fast food restaurants frequently.
3. I eat desserts at every meal.

#### What am I willing/able to do about it?

1. Eat only at specified times and choose foods wisely.
2. Pack a healthy lunch to take to work or school.
3. Substitute fruit for a sweet dessert at one meal.



## The Goal Sheet Action Plan

Once you have decided what your goals are and filled out your goal sheet, it is important to make a plan for the following week to make sure that you reach your goals. Below is an example of what a Goal Sheet Action Plan might look like.

### GOAL SHEET ACTION PLAN

- MONDAY:** *1. Buy fresh fruit today to have for dessert.*  
*2. Go for a walk at 3:00 pm.*  
*3. Pack a lunch for work.*
- TUESDAY:** *1. Offer to take my neighbor's dog for a walk.*  
*2. Take a bath in the evening instead of snacking  
in front of the TV.*
- WEDNESDAY:** *1. Look for lower-fat choices at fast food restaurants since I won't be  
able to take my lunch today.*  
*2. Meet my friend Susan to go for a walk in the park.*

It is sometimes helpful to have a separate plan for the weekends since many people have different schedules and routines on those days. The important thing is to look ahead to see what action you need to take to reach your goals.

Now take some time to complete your Goal Sheet and Goal Sheet Action Plan.

**GOAL SHEET**

**Goal # 1:** \_\_\_\_\_

**Goal # 2:** \_\_\_\_\_

**What is keeping me from my goals?**

**What am I willing/able to do about it?**

1. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

5. \_\_\_\_\_

Now, plan your strategy for reaching your goals by filling in the Goal Sheet Action Plan.

**GOAL SHEET ACTION PLAN**

Name: \_\_\_\_\_ Week of: \_\_\_\_\_

DAY	ACTION
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	