

Short-Term (weekly) Goal:

At the end of the week, I will ...

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____

Week 5: _____

Week 6: _____

Week 7: _____

Week 8: _____

Intermediate Goal:

I will, ...

1-Month from now : _____

2-Months from now: _____

Long-Term Goal:

I will, ...

1-year from now: _____

Reflections on health behaviors

Use these reflections to help develop your short-term, intermediate and long-term goals. Be honest with yourself here, the more honest you are the better you are at developing SMART goals

1. Currently I am doing... here you focus on what you are doing and what you want to work on improving.:

2. Currently my diet and nutrition is ...here you are focus on what are you eating, how much are you eating, when are you eating:

3. When exercising I am concerned about... here you are looking at the rationale for your exercise program and focus of training

4. I know that I am limited in my ability to ... here is your reflection on any health issues, time issues or life factors that might impact what, when and how you can implement your changes to reach your goals.