



GOAL SETTING

Before making any major changes to diet, exercise, or lifestyle, always consult with your doctor. For help with your goals, consult with your doctor and registered dietitian, and additional health professionals depending on your goal.

MY SHORT TERM GOALS (<1 YR)

Short term goals are goals which are achieved in less than a year. Short term goals help us to have small batches of achievement which help motivate us to get to the next step. Write down your short term goals below, and update your goals.

7 day goal: _____

30 day goal: _____

60 day goal: _____

MY LONG TERM GOALS (12-24 MO)

A long term goal is something you want to reach in 1 to 2 years. Make sure your goals are realistic and attainable.

1: _____

2: _____

3: _____

GOAL UPDATES: