## Weekly Goal Setting Challenge

Goal Category:	Nutrition	Stress	Phys	sical Activity	Sleep	Mindfu	ılness	
Topic:				Week:				
Date	Daily Goal			Accomplis	hed Goal?	Points		
Monday					Yes c	or No		
Tuesday					Yes o	or No		
Wednesday					Yes o	or No		
Thursday					Yes o	or No		
Friday					Yes o	or No		
Saturday					Yes o	or No		
Sunday					Yes c	or No		
Weekly Reflections:								
Barriers: Solutions:				Successes/Accompli	ishments th	is week:		

**Specific** – You know exactly what you are responsible for accomplishing

Measurable – Lets you know when your goal is complete. Use numbers to quantify the amount you want to accomplish

Attainable – You should feel challenged but able to complete your goal. Be realistic about your schedule, workload and ability

**Relevant** – You need to truly feel like achieving this goal will help move you forward in the direction you would like to go

**Timely**- Set a deadline so that you can evaluate your progress

## I want to exercise more

I want to go for 15 minute jogs with my dog every morning this week instead of walking

I want to go to go to yoga class 2 times a week this month

I want to try an exercise class at the gym this month

## I want to eat healthier

I want to add a piece of fruit to my lunch every day this month

I want to follow MyPlate during dinner four times during the week

I want to switch my morning juice to water every day this month

## **Nutrition Sample Goal List**

I will cut out all sugary drinks.	I will bake/grill my meats 3 times per week.			
I will limit dining out to 1 time per week.	I will eat whole grains 2 times per day.			
I will bring my lunch to work 3 times per week.	I will switch to olive oil in place of butter.			
I will limit fried foods to once a month.	I will eat breakfast every day.			
I will drink 6 cups of water per day	I will eat 1 healthy snack per day (carb + protein/ heart healthy fat).			
I will eat at least half my plate of vegetables at dinner 5 times per week.	I will walk for 15 minutes every day.			
I will eat 3 fruits and vegetables per day.	I will try 1 new recipe per week.			
I will limit sweets to 1 time per week.	I will meal plan all of my week night meals.			