

Weekly Goal Setting Challenge

Goal Category: Nutrition Stress Physical Activity Sleep Mindfulness

Topic: _____

Week: _____

Date	Daily Goal	Accomplished Goal?	Points
Monday		Yes or No	
Tuesday		Yes or No	
Wednesday		Yes or No	
Thursday		Yes or No	
Friday		Yes or No	
Saturday		Yes or No	
Sunday		Yes or No	

Weekly Reflections:

<p><i>Barriers:</i></p> <p><i>Solutions:</i></p>	<p><i>Successes/Accomplishments this week:</i></p>
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S.M.A.R.T Goals



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.