

Week 1: Goal Setting Worksheet

Use this worksheet as a guide. If you need more space, feel free to continue on an additional sheet of paper.

My Long Term Health Goal (what I want to accomplish):

1. _____

How important is it for me to meet this goal?

	1	2	3	4	5	6	7	8	9	10	
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How confident am I that I will meet this goal?

	1	2	3	4	5	6	7	8	9	10	
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My Short Term Health Goals

1. _____

How important is it for me to meet this goal?

	1	2	3	4	5	6	7	8	9	10	
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How confident am I that I will meet this goal?

	1	2	3	4	5	6	7	8	9	10	
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2. _____

How important is it for me to meet this goal?

	1	2	3	4	5	6	7	8	9	10	
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How confident am I that I will meet this goal?

	1	2	3	4	5	6	7	8	9	10	
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3. _____

How important is it for me to meet this goal?

	1	2	3	4	5	6	7	8	9	10	
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How confident am I that I will meet this goal?

	1	2	3	4	5	6	7	8	9	10	
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Why are these goals important to me?

Who can help me meet my goals?

Possible Barrier	How I Will Overcome It
1.	
2.	
3.	
4.	