

Personal Goal-setting Worksheet

Date ____ / ____ / ____

Goals should be (1) specific; (2) attainable (doable); and (3) forgiving (less than perfect). "Exercise more" is a great goal, but it's not specific. "Walk 5 miles every day" is specific and measurable, but is it doable if you're just starting out? "Walk 30 minutes every day" is more attainable, but what happens if you're held up at work one day and there's a storm during your walking time another day? "Walk 30 minutes, 5 days each week" is specific, doable, and forgiving. In short, a great goal!

	Now	8 week goal
Height	_____	_____
Waist	_____	_____
Above hip bones		
Weight	_____	_____
BMR	_____	_____
Size (pants or dress)	_____	_____
Body Fat %	_____	_____
Visceral Fat	_____	_____

Talk to your doctor before starting any program.

LDL	_____	_____
HDL	_____	_____
Triglycerides	_____	_____
BP	___/___	___/___

How to Accomplish My Goal

Calories in – Drop, limit or adjust

- _____
- _____
- _____

Calories out – changes in routines

- _____
- _____
- _____

Lifestyle changes

- _____
- _____

This week's 3 things to do differently

- _____
- _____
- _____

Who can help? (Supportive, nurturing people)

- _____
- _____
- _____

Relaxation, personal time, hobbies

(Healthy activities to substitute)

- _____
- _____
- _____
- _____

Weight Loss Goal

- Waist less than 34 inches (female)
40 inches (male)
- Lose ___% of body weight _____lbs

Health goals

- Quit smoking
- Drink more water (weight/2=ounces needed)

- Eat fish once per week or more
- Get an annual physical causes

Saboteurs and coping skills –

(Who & what can hurt your success) Triggers

Emotions, locations, events, parties, eating out – and how to cope

- _____
- _____
- _____
- _____