

Goal Worksheet

The purpose of this worksheet is to determine your individual health and nutrition goals. Once you have chosen your goals, it is important to record the specific actions you will take in order to attain your goals. This will allow you to measure your success and make modifications if you are unable to meet certain goals. Keep this sheet handy as a reminder of your goals and actions *and* so that you are able to make additions or modifications when necessary. Try starting with 3 goals and continue to add to the list after you accomplish these.

- ***Goal 1:***

- ***Actions I will take to achieve this goal:***

- ***Goal 2:***

- ***Actions I will take to achieve this goal:***



- **Goal 3:**

- ***Actions I will take to achieve this goal:***

