Take Charge of Your Health Guide – My Health Goals

**DIRECTIONS:** After reading the Take Charge of Your Health Guide, you are going to create goals based on the information you just read. As it states in the guide, “change occurs slowly,” so you will start with determining what it is that you would like to change, this will be your MAIN GOAL (ex: I will only eat fast food once a week). This should be a specific and measurable goal. You will then create smaller short term goals and behaviors that will get you to your MAIN HEALTH GOAL.

**MAIN HEALTH GOAL:**

_____________________________________________________________________________________
_____________________________________________________________________________________  
_____________________________________________________________________________________  
_____________________________________________________________________________________  

**WHY:** (Explain why you are setting this as your goal and what it will mean to you if you achieve it)

3 Things I need to change to meet my goal and an explanation of HOW I will change them

1.

   How?

2.

   How?

3.

   How?
Resources I have to meet my goal (people, places, things):

Resources I will need to meet my goal:

Timeline: Create a timeline of how you will achieve your MAIN HEALTH GOAL

- Daily Goal/Task-

- Weekly Goal/Task-

- Monthly Goal/Task-

- Year

SELF ASSESSMENT: How will you assess your progress? How do you plan to hold yourself accountable to reaching your goal? When will you know that you have achieved your goal?

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