

Goal Setting Action Plan!

IMPROVING
EATING HABITS



INCREASING
PHYSICAL ACTIVITY



REDUCING
UNHEALTHY HABITS



My Goal (What I want to do – example: start exercising):

My Action Plan (How I will do this – example: walking):

My Commitment:

I agree on _____ to _____ by _____.
(today's date) (fill in goal – example: walk 4x/week for 30 minutes) (set goal date)

How likely are you to follow through with these activities?

Not Likely 1 2 3 4 5 6 7 8 9 10 Very Likely

What might get in the way of your completing these activities?

Solution(s) to the above barriers.
