

Goal Tracking *Form Example*

Assessing Your Readiness for Healthy Change

Set **S**pecific, **M**easurable, **A**ttainable, **R**elevant, and **T**ime-bound (SMART) goals.

Directions: Fill in your weekly healthy lifestyle (behavior) goal at the beginning of the week. At the end of the week, complete the last three sections. Identifying your successes, obstacles and solutions for overcoming barriers will help you achieve your future goals. You can download this form to your computer and use it as often as you like.

Date: April 15

Week #: 2

Weekly goal:

I will walk two miles at least three days this week for a total of six miles.

Write down how successful you were this week:

I walked two miles two days and one mile one day this week for a total of five miles.

List anything that may have prevented you from reaching your goal:

The day I walked one mile there was good weather in the morning but it rained in the afternoon so I couldn't walk the second mile after work.

Write down possible solutions to overcome the obstacles listed above:

When I schedule the days I will walk, I will include a back-up plan for bad weather.
I will stop at the mall on my way home to walk or I will walk on Saturday or Sunday.