

Use this template to clarify your goal, set your progress goals, and the three actions & tasks you should focus on.

By the end of this exercise, you'll have:

- A SMART goal (*Specific, Measurable, Attainable, Relevant, Time-Based*)
- The top three milestones to focus on for the next 3 months
- The top three actions and tasks to focus on every week to move you closer towards your goal.

What will you achieve in the next 3 months?

SPECIFIC GOAL:

By the end of 3 months, I will eat.....healthy meals (under.....calories) per week and

I will exercise.....per week for at least.....minutes each time.

Eating healthier & exercising regularly is important to me because.....

PROGRESS GOAL 1:

1

I will eat.....healthy meals each week.

ACTIONS + TASKS:

What are three things you can do to make it easier for you to eat healthy for your chosen meals?

1.
2.
3.

What are three time slots during your week you can go for a longer walk if you don't hit your daily steps goal?

1.
2.
3.

2

PROGRESS GOAL 2: _____

I will walk.....steps per day.

ACTIONS + TASKS:

What are three things you can do to walk more during your day?

- 1.
- 2.
- 3.

What are three time slots you can find time for a longer walk if you don't hit your step goal?

- 1.
- 2.
- 3.

3

PROGRESS GOAL 3: _____

I will exercise.....times per week.

ACTIONS + TASKS:

What are three things you can do to make exercising a habit?

- 1.
- 2.
- 3.

What are the time slots you will exercise no matter what?

- 1.
- 2.
- 3.