

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:

I currently weigh

I will drop my weight down to

Losing weight is important to me because.....

PROGRESS GOAL 1:

I will lose lbs in the first month. I will consume calories per week.

ACTIONS + TASKS:

What are three small ways you can reduce your weekly calorie consumption?

1.
2.
3.

What are three small things you can do to be more active each day/week?

1.
2.
3.

2

PROGRESS GOAL 2:

I will lose lbs in the second month.

I will consume calories per week & exercise times per week.

ACTIONS + TASKS:

What are three time slots in your week you can consistently exercise? Make it your goal to exercise during those time slots this month no matter what.

1.
2.
3.

3

PROGRESS GOAL 3:

I will lose lbs in the third month. I will consume calories per week & burn calories per week exercising.

ACTIONS + TASKS:

What are three ways you can make it a habit to limit the number of calories you consume per week?

1.
2.
3.

What are three ways you can make it a habit to increase the calories you burn per week?

1.
2.
3.