

Goal #

I want to improve my health by (please check one):

- Eating a healthy diet (e.g. make better food choices, reduce portion sizes, follow meal plan)
- Being physically active (e.g. exercise longer, exercise more often)
- Monitoring my blood sugar
- Taking my medication
- Problem-solving (e.g. prevent/plan how to deal with problem situations)
- Coping with stress (e.g. schedule pleasant/relaxing activities)
- Reducing Risks (e.g. stop smoking, perform daily self-care activities, get eye exam, see dentist)

My Specific goal: (e.g. walk for 20 minutes, 3 times a week)

My Plan:

When will I do it? (e.g. Mondays, Wednesdays and Fridays)

Who can I turn to for help or support? (e.g. I will ask my friend if she wants to walk with me)

Obstacles and alternatives:

What might get in the way of my plan? (e.g. Rain, bad weather)

What can I do about it? (e.g. I will exercise inside instead of walking outside)

Reward:

What will I give myself as a reward when I meet my goal? (e.g. go to the movies)
