

Setting Goals



My Goals!	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FOOD GOAL: (Ex: I will keep a food log every day for the next week)							
MOVEMENT GOAL: (Ex: I will hit a minimum of 10,000 steps a day for the next week)							
BEHAVIOR GOAL: (Ex: I will drink 64 fluid oz. of water daily for the next week)							
GOAL:							
GOAL:							

