

## GOAL SETTING

***Setting goals that are specific and measurable within a timeframe are necessary tools in achieving and maintaining a lifetime of good health. Whether you have extra weight to lose or are addressing a specific condition, goal setting helps you identify obstacles and reach your long-term aspirations.***

### LONG TERM GOALS

Long-term goals are VERY SPECIFIC representations of where you want to be and how you want to live the rest of your life. Examples of long-term goals are "Get to my goal weight of \_\_\_ lbs," "Reduce my cholesterol from \_\_\_ to \_\_\_," "Eliminate my symptoms of \_\_\_ so that I can enjoy \_\_\_ again," or "Exercise 4-6 times a week."

#### MY LONG TERM GOALS

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

### SHORT TERM GOALS

Short-term goals identify what you can *reasonably* do within a short period of time that helps you achieve your long-term goals. These can be changed or built upon every few weeks as needed. They give you direction as to which habits/actions need to be addressed. Be as specific as possible and make the habits you choose to work on measurable and controllable. Don't give up if you slip up from time to time as it **takes 21 days to establish a new habit**. Post reminders to keep your goals on your mind and even share them with your circle of support. Some examples of weekly short-term goals are "Record *everything* I eat in my food journal," "Sleep 8 hours each night," "Get 10,000 steps a day on my pedometer," "Eat breakfast," or "Exercise 2-3 times a week."

#### MY SHORT TERM GOALS

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

---

Signature

---

Date