

GOALS WORKSHEET

TAKE TIME TO ASSESS YOUR CURRENT HEALTH STATUS AND IDENTIFY AREAS THAT NEED IMPROVEMENT. CONSIDER PHYSICAL FITNESS, NUTRITION, SLEEP, STRESS LEVELS, AND MENTAL WELL-BEING.

S	<p><u>SPECIFIC</u></p> <p>Be precise about what you want to achieve, such as losing 10 lbs weight, running a 5k, or meditating for 10 minutes daily.</p>	
M	<p><u>MEASURABLE</u></p> <p>Create measurable parameters for your goals. Use metrics like pounds lost, miles run, or the number of servings of vegetables consumed daily.</p>	
A	<p><u>ACHIEVABLE</u></p> <p>Ensure your goals are realistic and attainable. Setting overly ambitious goals can lead to frustration.</p>	
R	<p><u>RELEVANT</u></p> <p>Make sure your health goals align with your lifestyle and values. Your goals should be meaningful and relevant to maintain motivation.</p>	
T	<p><u>TIME BOUND</u></p> <p>Set a timeline for achieving each goal. Having a deadline creates a sense of urgency and helps track progress effectively.</p>	