

### Goal Worksheet

Set at least 3 (but no more than 5 – it gets too overwhelming) goals for each type  
 For each goal, list a completion date  
 Make sure each goal is a SMART goal!

Due By:	SHORT RANGE GOALS	Completed:
12/15/15	eat whole-food, plant-based diet (100%) 6 days a week to lose 1-2 lbs a week	
12/15/15	exercise 3 days a week for 30 min a day	
12/15/15	work on blog posts and writing 3 days a week	
12/31/15	Plan "every 50 day" calendar	
12/31/15	shoot archery 2-3 days a week	

Due By:	MID RANGE GOALS	Completed:
3/2016	continue eating whole food, plant based diet 7 days a week every month w/ 2 "exception" days	
3/2016	exercise 4-5 days a week - 45 min/day begin 5k training	
3/2016	5k in March	
3/2016	train for 10 K	
Feb 2016	upgrade archery equipment train for Indoor Nationals	

Due By:	LONG RANGE GOALS	Completed:
March 2016	exercising 6 days a week	
Nov. 2016	train for Disney 13.1 half marathon!	
May 2016	shoot in Gator Cup	