

Name: _____

Date: _____

HEALTH AND WELLNESS GOALS

What is your health and wellness goal?

What specific actions will you take to meet this goal?

1. I will increase consumption of _____
by eating/drinking _____ every
_____.

2. I will decrease consumption of _____
by _____
every _____.

3. I will add _____ to my
_____ routine by
_____.

The resources I need to attain this goal are:

The people who will support me in accomplishing this goal are:
